

## BES Nutritional Guidelines

Educating the entire child is becoming the job of teacher and parent alike. In order to have your student fully present when they are at school, site administration recognizes that parties full of cupcakes and candy and soda does more harm than good. The sugar high is not desirable for parents or teachers, and once the sugar has been expended the child is irritable, fatigued, and often times vomits from the sugar intake.

Sending the message that healthy food choices are important while at home and at school, reinforces the importance of healthy living as a lifestyle. To that end, Burton Elementary is initiating nutritional guidelines for birthday parties, holiday gatherings, and special occasions.

1. Please check with classroom teacher BEFORE planning on bringing any treats to your child's classroom,
2. Sealed, store bought items are preferable to homemade items,
3. As the one "sweet item," please bring ONLY cupcakes for your child's birthday party. Do not include fruit juices high in sugar (capri suns); do not include any other candy or gift bags.
4. For class parties, the teacher will ask (1) parent to provide the cupcakes for the class. All other items for class parties should be found on the list below.

**\* NOTE: These guidelines apply to all events at Burton Elementary, including but not limited to Boys & Girls Club parties, RAP Afterschool Program, Student Council events, etc).**

**\*NOTE: Items such as bags of candy, gift bags, and balloons will remain in the front office, will be sent back to the parent or guardian, or discarded.**

### Acceptable / Suggested Food Items

<ul style="list-style-type: none"><li>• Fresh fruits and vegetables</li><li>• Dips based on low-fat yogurt or sour cream (be aware of sugar and salt content)</li><li>• Canned fruits (preferably packed in natural fruit juices instead of syrups)</li><li>• Dried fruits</li><li>• Trail mix, chex mix, or popcorn-based snack mix (be aware of products that contain nuts or nut byproducts and sodium content)</li></ul>	<ul style="list-style-type: none"><li>• Whole-grain and fruit/vegetable breads and muffins: banana, zucchini, carrot or oatmeal bread, bran muffins, etc.</li><li>• Other fruit-based desserts: fruit and yogurt parfaits, strawberry shortcake, mixed berries with whipped cream, baked apples with granola topping</li><li>• Fruit or pretzels dipped in a yogurt-based coating: strawberries, raisins, cherries etc.</li><li>• Nabisco 100-calorie packs (Wheat Thins, Cheese Nips, Chips Ahoy, Oreo)</li></ul>
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<ul style="list-style-type: none"> <li>• Granola bars (be aware of products that contain nuts or nut byproducts)</li> <li>• Sunflower or pumpkin seeds</li> <li>• Yogurt or soy-gurt</li> <li>• Jerky</li> <li>• Ritz chips</li> <li>• Baked chips (be aware that Baked Cheetos and SunChips are higher in fat and sodium than other baked chip varieties)</li> <li>• Salsa, guacamole, bean dip and fruit salsa</li> <li>• Pita bread or pita chips and hummus dip</li> <li>• Whole-grain cereals (be aware of sugar content)</li> <li>• Whole-grain or multigrain crackers and cheese</li> <li>• Fruit smoothies (preferably yogurt- or sorbet- based)</li> </ul>	<ul style="list-style-type: none"> <li>• Quaker Multigrain Minis (Honey Graham, Cinnamon Sugar)</li> <li>• Graham cracker-based items: Honey Maid Squares, Teddy Grahams, Animal Crackers, Goldfish Giant Grahams etc. (individual packets and honey flavored is better)</li> <li>• Nutrigrain bars</li> <li>• Pretzels (low salt is better)</li> <li>• Bagels (whole grain is better)</li> <li>• Tortilla roll-ups: meat and cheese, cream cheese and salsa, etc. (cut into finger-size pieces)</li> <li>• 100% frozen fruit juice bars</li> <li>• Frozen yogurt</li> </ul>
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Choosing to ignore or overlook these nutritional guidelines may result in not taking items to classroom.