

## ST. RITA SCHOOL BIRTHDAY CELEBRATION POLICY

If your child wishes to share a snack with his or her classmates, please choose an item from the following list or from the optional items on the next page.

### HEALTHY SNACK ALTERNATIVES

- ❖ Fresh fruit, fruit cups
- ❖ Raw veggies with low-fat dip, if desired
- ❖ Animal crackers
- ❖ Graham crackers
- ❖ Pretzels
- ❖ Yogurt
- ❖ String cheese
- ❖ Cereal, low-sugar
- ❖ Frozen yogurt, frozen ice, popsicles
- ❖ Popcorn

(Cookies, snack cakes, cupcakes, and chips are not recommended).

Please be mindful of food allergies when selecting a snack. All food must be store bought in its original packaging with an ingredient and nutrition label. A student in a particular class may be allergic to peanuts, or sensitive to food coloring or artificial flavors. There may also be a student that is lactose intolerant or have other food concerns, such as diabetes. It is best to check with the teacher first.



The following holidays will be considered **"Exempt"** days. This means that if you wish, you may bring in pre-packaged treats that are not on the Healthy Snack Alternative list: (When in doubt, it is always best to check with the teacher).

- Halloween
- Thanksgiving
- Feast of St. Nicholas
- Christmas
- Valentine's Day
- Easter

Food to be shared should **ALWAYS BE NUT-FREE** - there are **NO EXCEPTIONS** to this.

As an optional alternative to food treats, families are also offered the choice of sending in a small non-food item to share.

Suggestions include:

- ❖ Pencils
- ❖ Erasers
- ❖ Stickers
- ❖ Other small items
- ❖ A book to be donated to the classroom or school library is another voluntary alternative.

In addition to sharing a treat, one day a month will be designated as a dress-down day for the children who have a birthday in that month. A day will also be selected for children with summer birthdays. Every classroom teacher also adds their own special touches to a child's birthday celebration.

**HAPPY HEALTHY BIRTHDAY!!**