

CFES FOOD GUIDELINES

Regarding Food/Beverages not consumed at regular meal times: For Birthdays, a teacher-directed non-food related activity is encouraged. The option of a treat (food or nonfood) is permitted.

- If a food treat is felt to be absolutely necessary it must be **approved by the classroom teacher, store bought** and **packaged** with a **list of ingredients on the food item**. We strongly encourage healthy food choices when food items are deemed necessary. Here are foods allowed if absolutely necessary:
 - Fruit / veggies
 - Popsicles
 - Rice Krispies Treats
 - Cupcakes / brownies

- Due to allergies, we **are strongly discouraging homemade foods**. It is a tremendous student safety challenge when food is prepared at home and we cannot ensure that there is no cross-contamination with other foods that cause serious allergic reactions.

- Food for curriculum purposes** is directed by the teacher / administration. There are occasions throughout the year where special events / celebrations and/or incentives are appropriate.
 - There will be collaboration between teachers, principal and the nurse when food items should be brought in for special events/celebrations.
 - Food served at these events is teacher directed. No food or beverage which does not have any nutritional value will be sold to students during the school day.

- Class Snack Time:** No whole nuts; please avoid snacks that contain peanut butter and tree nuts.

- Field Trips:** During a field trip, students often eat lunch off of school/district property. For the safety of our students and due to unknown variables with the lunch setting, **no peanut or tree nut containing foods may be included in students' lunches for class trips.**
 - Field trip permission forms will contain a reminder not to pack peanut or tree nut food items/ with signature.

- The Wellness Policy does not address food and beverages at fundraisers or PTO events.

BIRTHDAY GUIDELINES:

Aligned with district policy, we **STRONGLY encourage parents to choose a non-food item** to send to school or a student-choice from the list below to share with the class.

Suggested Non-Food items to send in for birthday treats:	Suggested Non-Food activities that your child can choose for his/her classroom:
<ul style="list-style-type: none"> <input type="checkbox"/> Fun pencils / erasers / school supplies <input type="checkbox"/> Dollar-store toy to take home <input type="checkbox"/> Other (please make request to teacher) 	<ul style="list-style-type: none"> <input type="checkbox"/> Extra recess period <input type="checkbox"/> Special seat for the day <input type="checkbox"/> Special classroom job for the day/week <input type="checkbox"/> Pajama Day <input type="checkbox"/> Other (please make request to teacher)



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Dear CFES Parents:

You've all read the headlines and seen the news stories: food allergies are a growing concern in schools across America. Millions of children - children who are perfectly healthy and normal in every other way - must watch every single bite they eat, or risk suffering a severe or even life threatening reaction. A major health issue such as this must be taken very seriously, and it has always been the policy of this school to make the safety and well being of our students our top priority.

We have many students at CFES with food allergies, and over the last three years we have worked with small parent focus groups to address our school guidelines. In 2015, we implemented new food guidelines to help us to maintain a safe and responsible environment for all of our students. Please see attached guidelines.

As you will read, we are **strongly encouraging** that parents choose a non-food item for their child to bring to school in celebration of their birthday. Non-food item examples are included in the guidelines, but as you will see, they can be as simple as offering an extra recess for the entire class on your child's birthday. Simple, easy, fun, and cost free.

If you feel it absolutely necessary to send in a food-item to school to celebrate your child's birthday, we do ask that the item be **approved by your child's teacher, be store bought, and be packaged with a clear label** indicating that the product does not include peanuts or tree nuts and was not made in a factory where such foods are processed. Appropriate food items are included in the guidelines. Most grocery stores now carry allergy friendly products including baked goods. **Due to the potential for cross-contamination we respectfully ask that you do not send in homemade foods for birthday treats.** Again and above all, please consider a **non-food item** for your child's birthday.

As in the past, please do not send any peanuts or tree nuts, food containing peanuts / tree nuts, or peanut butter to be eaten as snacks in the classroom. It is fine to send these products for lunch, which is eaten in the cafeteria.

We will not be doing any classroom projects that involve peanut butter (like bird feeders) or peanut or tree nut shells (art projects). Please do not send any of these projects into the classroom with your child.

This is a learning process for all of us, but we trust that you understand how deeply important it is to respect and adhere to these guidelines. Please consult the Snack Safety Guide and other resources available at: <http://snacksafely.com>. Due to the constant updates, this link is your best and most reliable resource for information about safe snacks. If throughout the course of the year you have any questions or concerns about food-allergy-related issues, please do not hesitate to contact either one of us.

Wishing you and your family a safe and healthy school year!

Sincerely,

Shawn Dutkiewicz, CFES Principal and Stephanie Knight, CFES Nurse