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# CRAWFORD SCHOOL CENTRAL DISTRICT

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April 11, 2022

Dear Teachers/Parents/Guardians,

The Crawford Central School District adopted The Pennsylvania Department of Education Nutrition Standards to have a positive effect on our children's nutritional habits. These standards not only focus on the a la carte offerings during breakfast and lunch, but also on fundraisers, classroom/holiday parties, food used as rewards and food as an instructional tool. These standards **only apply to foods sold or consumed during the school day.**

### **Fundraisers**

The Nutrition standards **only apply to fundraisers available for sale or consumption during the school day.** It does not apply to fundraisers ordered and delivered after the school day. However, we encourage, but do not require, schools to be consistent. Have fundraisers that promote student health and the reduction of childhood obesity by limiting foods high in added sugar, fat, sodium or trans-fat content. Fundraising groups may request a list of fundraising foods that meet these guidelines or websites with ideas for alternatives to food fundraising from our foodservice department.

### **Classroom/Holiday Parties**

The nutrition standards require that no more than three high-sugar foods be served at classroom parties. This means that classroom birthday/holiday parties **may continue** to enjoy cupcakes and cookies, but only up to 3 of these items per party. In addition to the cookies, cupcakes, etc., parties **must have** fruits and vegetables and healthy beverages like water, milk or juice. No gums, candies or sodas are permitted. The Nutrition Group, our food service management company, can provide ideas, menus and products available for purchase from the food service department. Also, the District's policy regarding Classroom Snacks states:

"Any food or drink items brought into the classroom to be shared with classmates must be in 'store bought', prepackaged, unopened container. For the safety of all children, homemade items will no longer be distributed at school."

### **Food Used as a Reward**

Food may not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e. guest chef, farmers market, etc). Teachers will need to offer non-food rewards such as pencils, stickers, extra recess, etc. instead of a candy treat. The reason for this standard is that using food as a reward may connect food to mood and promote eating for comfort when not hungry. Please visit [Nutrition Services | Nutrition Services \(craw.org\)](#)

### **Food Used as an Instructional Tool**

In addition, classes may use food as an instructional tool. For example, raisins or animal crackers can be used in math class. Foods should promote healthy eating (no candy). Coupons for pizza or other foods are permissible as long as the food is not consumed during the school day.

These standards have been implemented to have a positive effect on our children's nutrition and eating habits while they are in school. Please feel free to contact Sharon D. Armstrong, Coordinator of Food Service, if you have any questions regarding the standards.

We sincerely appreciate your continued cooperation!

An Equal Rights and Opportunities School District

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