

## **New Tulita food policy**

To support the Health & Wellness initiative, Tulita school recommends these delicious nutritious snack ideas for birthday parties and classroom parties. Any snacks that do not meet the school's nutrition standards will be sent home, for example donuts, cookies, candy, and cupcakes. As a reminder all foods brought to the classrooms must be store bought and preferably nut free.

- Any fresh fruit, examples:
  - Sliced apples
  - Tangerines
  - Grapes
  - Sliced watermelon
  - Dried fruits, like raisins
  - Applesauce
  - Fruit cup with 100% juice
  - Fruit leathers
- Any fresh vegetables with a low-fat dip, examples:
  - Sliced carrots
  - Cherry tomatoes
  - Sugar snap peas
- Edamame
- Cheese sticks
- Light popcorn
- Light granola bars
- 100% fruit or vegetable juice
- 100% fruit juice popsicles
- Healthier option munchies
  - Baked tortilla chips
  - Pretzels
  - Inner Peas
  - Plantain chips
  - Whole grain Pita chips
  
- **Non food celebratory ideas**
  - Purchase a book and donate to the classroom
  - Come in and read a book to the class
  - Party favors and bouncy balls
  - Purchase a new game for the classroom