

Cook County School District 130

Wellness Team Recommendations

Thank you to the Board of Education for their support to change the School District 130 policy on food for birthday celebrations.

A subcommittee of the Wellness Team met on August 24, 2010 and developed the following recommendations that we respectfully submit as our input regarding guidance for other questions regarding food and the district policy :

1. **No food rewards during the school day. (examples of prohibited activities include pizza parties, candy rewards, etc.)**
2. **Food lessons that demonstrate healthy eating during the school day are supportive of our healthy eating policy and should be allowed/encouraged (examples would include eating fruits and vegetables as snacks, etc.)**
3. **Food for after school activities should not be regulated at this time. (Examples – dances, sports events, tutoring, etc.)**
 - **It is after the regular school day and does not impact school day performance or school day instructional time.**
 - **It is voluntary for students. Students and parents make a choice to attend.**
 - **We would support a statement to after school sponsors that would encourage healthy choices in selections.**
4. **Sponsored food sales are acceptable. The food items sold are not to be consumed during the school day. We would support a statement to food sale sponsors that healthy choices be made for sale items.**