

# Wellness Policy: Healthy Fundraiser & Celebration Guidelines

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## *Santa Monica Malibu School District*

Foods and beverage items provided for these celebrations must meet or exceed state and federal regulations that pertain to nutrition services.

Here are some ideas to help guide you, parents and staff, to provide students with nutrition that complies with our local wellness policy and state laws when planning celebrations and raising funds.

### **Fundraisers are encouraged to be non-food items such as:**

- ❖ Wrapping Paper
- ❖ Books/Coloring Books
- ❖ Greeting Cards
- ❖ Calendars
- ❖ Magazine Subscriptions
- ❖ School Logo Merchandise
- ❖ Coupon Books



Food Services can help with catering and take the guessing out of complying with the policy.

Students and classrooms can be provided with:

- Pizza Parties
- Build your own yogurt parfait
- Light snacks and treats

Contact food services at (310)450-8338 ext. 70228 for available options and planning!

**REMINDER:** Please do not serve any nut or nut products due to severe student allergies



## Snacks

- \* Fresh fruits
- \* low fat cheese
- \* Nonfat plain yogurt
- \* Low fat flavored yogurt
- \* Go-Gurt yogurt
- \* Fresh vegetables Greek yogurt dip
- \* Quesadilla- Multigrain tortilla with low fat cheese
- \* Whole grain crackers
- \* Popcorn
- \* Dried fruit
- \* Mini bran muffins
- \* Whole grain waffle with all natural fruit spread
- \* Whole wheat bread with low fat cream cheese

## Treats

- \* Fruit Bars (no sugar added)
- \* Party cups ice cream
- \* Popped Rice Crisps
- \* Animal Crackers
- \* Berries and whipped cream



## Beverages

- \* Water without flavoring or carbonation
- \* Unflavored low fat and nonfat milk
- \* Low fat and nonfat flavored milk
- \* 100% fruit juice
- \* 100% fruit smoothies

If you have ideas use the calculator to check compliance at <http://www.californiaprojectlean.org/>

