



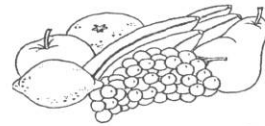
Snacks & Birthday Celebrations at Eastin



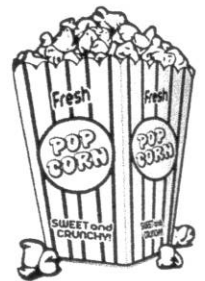
Eastin will continue to align food policies with the school snack regulations proposed by the USDA and at the same time, maintain our focus on learning in the classroom. If you choose to celebrate your child's birthday on campus, or send your child with a snack to school, we ask that you observe the following guidelines.

1. Connect with your child's teacher to make a prior arrangement for any celebration in order to ensure learning will not be interrupted.
2. Utilize alternative items to cupcakes, ice cream and other sweets.
3. We prefer children consume treats directly following their lunchtime in the cafeteria or on the playground. The teacher may also hand a celebration treat as students exit the classroom at the end of the day.
4. Snack can be consumed during recess during a designated snack time.

Alternatives to sweets for birthday snacks:



1. **Popcorn cups:** Have your child help decorate paper cups with stickers, and then fill with homemade popcorn.
2. **Yogurt parfaits:** In clear plastic cups, alternate layers of your child's favorite yogurt and fresh fruit such as blueberries, strawberries or mangos. Top with a cupcake topper and granola sprinkles. (And don't forget spoons!).
3. **Mini muffins or bread:** Carrot, blueberry, chocolate zucchini and banana are all great choices.
4. **Fresh fruit served in cupcake wrappers,** waffle cones or waffle bowls.
5. **Berries with fresh whipped cream:** Take individual clear plastic glasses and fill half way with any mixture of strawberries, blueberries and blackberries. Top with a dollop of freshly whipped cream.
6. **Fruit kabobs with vanilla yogurt dip:** Pick your child's favorite fruits—strawberries, blueberries, pineapple, kiwi, grapes, and melon, for example—and assemble colorful fruit kabobs. Serve with vanilla yogurt dipping sauce.
7. **Fruit roll-ups:** No corn syrup or artificial food coloring; just pure fruit, the way it should be.
8. **Cinnamon tortillas with fruit salsa:** Brush tortillas with melted butter and sprinkle with cinnamon sugar; cut each tortilla into wedges and bake until crisp. For the fruit salsa, pick any combination of fruits—apples, strawberries, kiwis, pineapple and blackberries all work well—dice and mix with a little sugar and lime juice. Serve in mini cups for dipping.
9. **Frozen yogurt tubes:** served with fresh fruit
10. **Pretzels** or Gold Fish or Cheez-Its, etc.
11. **Be careful of peanut allergies!**



Ideas for non-food celebrations

Not every celebration has to involve food!

1. Put together a "goody bag" of non-edible treats such as glow sticks, balloons, stickers, tattoos, etc.
2. **Class Birthday Book:** Instead of treats, the child brings a special book to add to the class library. The child or the teacher writes who gave the book and what birthday he or she is celebrating on the inside front cover. The child or teacher reads the book to the class (or a favorite part if it is a chapter book).