

**BIRTHDAYS/TREATS-** Non-food items are encouraged for birthdays or other activities. Instead of food, a family may choose to participate in the Birthday Book Club. This involves donating a book to the classroom library or to Media Center in the name of the student having the birthday. Students may also bring pencils, stickers, and other non-food items instead of a snack for their birthday. This is in the accordance with the Healthy Kids Act established by the Iowa Legislature to promote a healthy lifestyle for students. If a student must bring a food item it should be from the list of safe snacks, which are listed below.

**SAFE SNACKS SUGGESTIONS:** Plain pretzels- Snyder's, Rold Gold, Old Dutch, or Hy-Vee (as long as not butter braid), Pepperidge Farms Goldfish- Cheddar only, Nutri-Grain Bars- Kellogg's only, Cereal (w/o nuts), Teddy Grahms, Plain Club, Ritz, or whole grain crackers, fresh fruit, animal crackers, Fig Newtons, Oatmeal Bites, Wheat Thins, prepackaged, fresh vegetables, yogurt bars, raisings and other dried fruit, string cheese, Rice Krispie Treats, vanilla wafers, Nabisco graham crackers, and Cheese Nips. Another alternative is Orville Redenbacher, Smart Pop, Kettle Corn popcorn without milk and peanuts.