

# RED LION AREA SCHOOL DISTRICT

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“WE ARE LIFELONG LEARNERS”

Dear Parents/Guardians:

The District’s Wellness Committee has been discussing ways in which parents/guardians can have a positive effect on our children’s nutrition and eating habits while they are in school. While we appreciate your wish to recognize your child’s birthday by bringing treats to school, please be aware of the following guidelines in regards to birthday celebrations:

1. Treats should only be brought in when requested and will be limited to foods permitted by the district. Permitted foods may vary from classroom to classroom based upon student health issues.
2. Requests will be announced through newsletters or letters sent home.
3. Treats will be served after the lunch period or at the end of the day, when possible.

For those of you who wish to send in a birthday treat, we encourage you to consider options that are lower in fat and sugar, or consider nonfood options. Some suggestions are:

- Mini cupcakes instead of large ones
- Use less frosting or replace it with powdered sugar or sprinkles
- Brownies baked in mini-cupcake pans
- Apple, carrot, banana, pumpkin, blueberry or other muffins instead of cupcakes
- Cut-up fruit and veggies with low-fat dressing or yogurt dip
- Soft pretzels
- Baked corn chips and potato chips with salsa and low-fat dips
- Flavored yogurt and fruit parfaits
- Bagels with low-fat cream cheese
- Nonfood treats, such as pencils, erasers, notebooks, small toys or a book donation to the library

Parents/Guardians will be responsible for keeping perishable items properly cooled or refrigerated.

You are also encouraged to ask your child’s teacher to consider hosting a fun activity that does not involve food, such as reading a special book to students or playing a special game with students.

Sincerely,