

Family Wellness FAQ

SUBJECT: Information: Wellness Procedures FAQ

Dear Families,

In June 2014, the District's Wellness Committee shared procedures it had developed over 18 months of lively debate, discussion, input and research. We want to commend and thank all who have worked to implement these procedures and most importantly, asked clarifying questions. As a result, we have developed an FAQ that we hope will further build your understanding and ongoing support as we continue to move toward creating a healthier environment for all our students.

Edmonds School District Wellness Committee

Why did the District decide to stop the sale of foods to students that do not meet the "Smart Snacks" guidelines?

The District did not make that decision. It is a new Federal regulation effective July 1, 2014 that food sold to students on school grounds from midnight until 30 minutes after the close of school meet specific "Smart Snacks" [nutritional guidelines](#). Failure to comply could result in the loss of \$3 million which supports the school meals program for all students.

My student is asked to bring in food during school hours that represents their culture or country of origin. What can I send?

You may send food items that meet the [Snohomish Health District guidelines](#). Due to the risk of foodborne illness, foods need to be store bought and not home prepared. Additionally, food allergens need to be considered. Teachers are allowed three classroom parties with food per school year. A cultural celebration is considered a classroom party.

Can our school's parent groups host "Moms & Muffins / Dads & Donuts" or similar events?

We understand that these giveaway events are held to build school spirit and community. While the events are not under the "Smart Snacks" guidelines, we strongly encourage that in the "spirit" of the wellness policy and the newly-implemented procedures, that healthier options and portion sizes be explored. Does it have to be a full-size muffin or can they be cut in to reasonable portion sizes? Read nutrition labels – make it fun!

Popcorn is sold to raise funds and/or to celebrate students. Is there any popcorn recipe for our popcorn machines that meets the "Smart Snacks" guidelines?

Yes. [Harlan's "All in One" Popcorn Kits](#). This popcorn meets the "Smart Snacks" guidelines as long as your serving size does not exceed 5 cups of popped popcorn.

My student's classroom has snack time. What can I bring?

If you are packing a snack for your student only, you may choose anything you wish. If teachers, the parent group or individual parents are going to provide snacks to share we strongly encourage them to provide healthy food. Please remember, [the Snohomish Health District guidelines](#) cite that due to the risk of foodborne illness, that these foods need to be store bought and not home prepared. Additionally, food allergens need to be considered.

My student's school is holding an after-school function. Do we have to wait 30 minutes until after the school day to start serving food?

No. The "midnight to 30 minutes" after the close of the school day applies to the sale of food to students on school grounds.

Can we sell food and drinks on school grounds that don't meet the "Smart Snack" nutritional guidelines?

Yes, 30 minutes after school is dismissed until midnight. Food sold to students on school grounds from midnight until 30 minutes after the close of school must meet specific "Smart Snacks" [nutritional guidelines](#).