

IMPORTANT UPDATED REQUIREMENTS

Creating Healthy Schools & Classrooms

Spokane Public Schools encourages lifelong healthy habits by using non-food rewards, incorporating physical activity in class, and celebrating in healthy ways. Studies show that kids consume 50% of their daily calories during school hours and experts have proven that the better we eat, the better we learn. To promote health and safety, the district has approved new procedures outlined below.



Celebrations and parties

No food can be provided for birthday celebrations. Celebrate the birthday child at school without food treats (including cupcakes or candy). Alternative ideas can be found on SPS website at (www.spokaneschools.org/Page/2735).

Schools may hold up to 3 classroom and/or school-wide celebrations that involve food each school year. Parents are encouraged to work with classroom teachers on how to contribute. Healthy non-food celebration ideas that incorporate movement and creativity in the classroom can be found on SPS website (www.spokaneschools.org/Page/2735).

- If food/beverage is offered it must be unopened, commercially pre-packaged requiring no preparation, and Smart Snack compliant. It should also adhere to all relevant allergy considerations. Please read all labels carefully before bringing to school. Visit (www.spokaneschools.org/Page/2735) for a list of ideas.
- The food must be served after lunch to help ensure students eat a nutritious lunch.
- Activities must comply with SPS and Spokane Regional Health District sanitation requirements. Handwashing, using gloves for ready to eat foods, and keeping foods at a safe temperature (below 41 or above 135 degrees) are key sanitation practices.
- Celebrations must have principal approval.

Classroom Snacks

If snacks are provided for consumption by the class, they will be Smart Snack compliant.

A list of Smart Snack approved food and beverages can be found at (www.spokane-schools.org/Page/2735).

Rewards and incentives

Food/beverage (including candy) will not be used as a reward/incentive or withheld as punishment for any reason, such as for performance or behavior. A list of alternate ways to reward students can be found the SPS website at (www.spokaneschools.org/Page/2735).

THANK YOU for helping to CREATE HEALTHY CLASSROOMS & SCHOOLS