

the Bellingham *good food* Promise

GUIDELINES FOR CELEBRATIONS AND FUNDRAISERS

Celebrations and fundraisers are an important and valued part of classrooms and school communities. *The Good Food Promise* provides us with guidance to teach and model healthy food choices. Designing celebrations and fundraisers that focus on special activities, instead of food, is an opportunity to promote positive, healthy messages while building a caring community.

Questions to ask before planning celebrations and fundraisers

What non-food alternatives can be considered for this fundraiser or celebration?

If food is served or sold, does it follow the food values of *The Good Food Promise*?

If food is served or sold, how does it build community, culture, equity and inclusivity?

If food is served or sold, how will health and dietary needs be accommodated so that *all* students can participate? (e.g. gluten or lactose intolerance, diabetes, nut allergies)

Healthy food choices and non-food alternatives

Classroom parties, school celebrations and community-building activities occur frequently in every school and are an essential part of nurturing our diverse school communities.

We are committed to caring for all children while developing healthy and active individuals. To help us fulfill *The Good Food Promise* in our schools, please follow these suggestions to plan fundraisers, celebrations and classroom parties with healthy food choices or non-food alternatives.

These **food values** apply to all food served in Bellingham Public Schools:



CELEBRATIONS

NON-FOOD ACTIVITIES FOR CELEBRATIONS

- Create a special “Celebrate Me” book
- Sharing circle where each student shares something he/she appreciates about the individual
- Extra recess or free-choice time
- Flashlight Friday or pajama day
- “Be a Teacher” for the day
- Lunch with the principal/special guest
- Scavenger hunts
- Dance party
- Special craft/art project
- Fun game the whole class can play

NON-FOOD TREATS FOR CELEBRATIONS

- Books
- Bookmarks
- Stickers
- Physical activities
- Compliment cards
- Games
- Bubbles
- Seeds for planting

HEALTHY FOOD FOR CELEBRATIONS

- Raw veggies served with dips
- Yogurt parfaits (yogurt, fruit and granola)
- Air-popped popcorn
- Whole grain tortilla chips with salsa/bean dip
- Pizza party using whole grain crust, veggies and cheese
- Fig bars, granola bars, muffins
- Fresh fruit assortments (fruit kabobs, salad)
- Trail mix (pretzels, dried fruit, sunflower seeds)
- “Fancy water” with fruits and/or herbs

FUNDRAISERS

NON-FOOD IDEAS FOR FUNDRAISING

- Jog-a-thon/walk-a-thon
- Game night
- Open gym
- Car wash
- Yard sale
- Auction for products/services
- Carnivals/dance parties
- Book fairs
- Plants/bulbs/seeds
- Friendship grams
- Calendars
- Coupon books
- Subscriptions
- School spirit wear
- Cloth grocery bags

HEALTHY FOOD FOR FUNDRAISING

- Produce boxes or baskets from local farms
- Theme baskets (i.e. fruits, nuts, flowers)
- Meet your chef – prepare healthy meals
- Dried soup mixes
- Whole grain baking mixes
- U-Pick or farm day events
- Herb starter kits
- Family nights at local restaurants
- Smart snacks such as trail mix, pretzels, popcorn

Wellness Policy 3440 and Procedure 3440P guide how we serve food in school and how we teach about food. The policy and procedure help us align our daily practices with *The Good Food Promise*.

To view the entire *Good Food Promise* and the Wellness policy and procedure, go to bellingshamschools.org/wellness.