

## **BIRTHDAYS and PARTY TREATS**

Ignite Academy believes that it is important to celebrate learners' birthdays and to have times of celebration within the school setting. However, we want to make sure that birthdays and celebrations are done in a way that aligns with the goal of helping learners to be healthy. There are specific guidelines for birthdays and classroom celebrations that must be followed by school staff and families. These guidelines include:

- Providing enough for each child in the homeroom classroom.
- Contact your homeroom teacher in advance to schedule an appropriate time for the birthday treat (usually during afternoon recess and snack). Also ask if there are any allergies before sending in items for the class.
- Avoid messy foods that can stain.
- Avoid foods that contain artificial dyes, preservatives, and added sugar (and gluten when possible)
- Great, healthier "treats" that can be purchased include:
  - Fruit popsicles
    - Goodpops (no added sugar)
    - DeeBee's 100% Organics Super Fruit Freezie Frozen Juice Bars
  - Ice Cream Bars
    - Enlightened Keto Collection
  - Cookies made with stevia, xylitol, honey, or coconut sugar
    - Simple Mills
    - Catalina Crunch
    - Lesser Evil Mini Cookies
  - Smoothies (avoid added sugars)
  - Popcorn
    - Lesser Evil
  - Chocolate or Candy
    - Lily's Chocolate (bars, peanut butter cups, etc.)
    - Smart Sweets