

Dr. Marta Pérez, Vice Chair

**SUBJECT: FOOD GUIDELINES FOR CLASSROOM PARTIES/EVENTS AT  
SCHOOL SITES**

**COMMITTEE: INSTRUCTIONAL EXCELLENCE AND COMMUNITY  
ENGAGEMENT**

**LINK TO DISTRICT  
STRATEGIC PLAN: IMPROVE STUDENT HEALTH**

The Wellness Policy currently in place at MDPS addresses the meals that are served to students, the snacks and beverages that are sold, and vital health information provided to our students in the hope that they make healthy meal choices.

Notwithstanding the criteria applied to the food items in our schools, there still exists room for improvement, including classroom and holiday parties/events at school sites. Many parties still feature traditional but unhealthy snacks and beverages.

Recent studies indicate an alarming trend in childhood obesity with a dramatic increase in the number of children diagnosed with Type 2 diabetes, previously uncommon in young children. By encouraging students to eat healthy foods, we help to foster healthy eating habits.

Changing a mind-set and embracing a new culture of healthy eating takes time and the participation of all. This item proposes to ask the Wellness Committee to create a list of acceptable foods, so that parents can be provided information regarding healthy food items that are appropriate for classroom parties/events. Ideally the food list should incorporate a variety of items that are affordable, easily transported, and appealing to the children. Raisins, fruit cups, popcorn and pretzels can easily replace fatty and sugary items such as cupcakes, chips and cookies.

**ACTION PROPOSED BY**

**DR. MARTA PÉREZ:** That The School Board of Miami-Dade County, Florida direct the Superintendent to ask the Wellness Advisory Committee to:

1. develop lists and/or classroom party menus with appropriate food choices to be provided to our students, parents, and teachers; and
2. amend the Board Rule in order to include language regarding appropriate party/event food items.