



Ridgewood Avenue School

Dear Parents/Guardians,

We would like to also encourage bringing in non- food items for class parties and celebrations. If choosing to bring in a snack, it must be a healthy snack that is approved by the classroom teacher or nurse. Healthy snacks are allowed while candies, chocolates, and sweets of any kind are not permitted. For the health and safety of all students, please do not send any baked goods or items prepared at home into school for classroom parties. State and federal food guidelines prohibit the distribution and sharing of candies, chocolates, and other sweets at school, or sending them home from school. Please be reminded that the New Jersey School Nutrition Policy provides regulations for providing students with healthy and nutritional foods during the school day.

The following items are considered Foods of Minimal Nutritional Value and should not be served, sold or given away as a free promotion anywhere on school property at any time before the end of the school day:

- Any item where sugar is listed, in any form, as the first ingredient
- Any item with more than 8 grams of fat per serving or 2 grams of saturated fat per serving.
- Soda Water
- Water Ices – Water ices which contain fruit or fruit juices, are not included in this definition.
- Chewing Gum
- Certain Candies
 - o Hard Candy: Includes such food as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints and jaw breakers.
 - o Jellies and Gums: Includes such foods as gum drops, jelly beans, jellied and fruit-flavored slices.
 - o Marshmallow Candies
 - o Fondant: Includes such foods as candy corn and soft mints
 - o Licorice/Spun Candy
 - o Candy Coated Popcorn

Sincerely,

Sasha Lewis, RN MSN