

OAK GROVE DISTRICT NO. 68

1700 S. O'Plaine Road Green Oaks, IL 60048
(847) 367-4120 Fax (847) 367-4172 Fax (847) 367-7933

"Where Students Come First"

Dear Room Parents,

Thank you for volunteering your time to help our students. There are students in each classroom that have medical conditions including severe allergies to foods and latex as well as diabetes or other medical conditions related to food. In order for them to safely and fully participate in all parties and field trips, please take the following guidelines into consideration when planning your events.

-When planning foods to serve, please avoid anything with peanuts or it's byproducts, nuts and nut products. Other foods that commonly trigger allergic responses in children include milk, raw eggs, soy, sesame seeds(oil), seafood products. We are asking you to please only bring prepackaged foods, fruits or vegetables as these list the ingredients and nutritional information. When purchasing, be sure to read the labels carefully, not only the ingredients but also the allergens statement. Check with your classroom teacher for any other food allergies which are not as common.

-Some children have severe latex allergies. Please avoid products containing latex in your games and decorations. These include balloons and things like rubber gloves etc. Bananas, avocado, celery and melon can also trigger a latex allergic reaction.

-There are several diabetic children in our school. Please try to let the nurses or their parents know what foods will be served at parties at least 1 day ahead of time so that we can plan ahead for diet and insulin adjustments. Again store bought products with nutritional labeling is important.

-Please keep in mind that when many children are eating together in an "exciting" event such as a classroom party, the potential for choking always increases. Please avoid very small foods such as small candies, marshmallows, raisins, etc. when planning the menu.

-Games that involve stuffing objects into the mouth or eating as much or as fast as you can pose a great choking hazard to children. Please avoid these types of activities.

-Also remember that we are trying to promote wellness and healthy eating. We are asking that you put more emphasis on the activities and games rather than the food. We are asking that you limit the food to only 2 items plus a low calorie drink.

Please call Sandy ext. 2011 or Judy ext. 2012 with any questions, concerns or ideas you may have.

Thank you again for volunteering your time and efforts for our children. We truly appreciate the creativity and thoughtfulness you put into these parties.

Your school nurses,
Sandy Magdalener
Judy Klosterman

Attachment B

Healthful Food and Beverage Options for School Functions

Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges, pineapple, oranges, tangelos, apples, etc.
- Sliced fruit-necatines, peaches, kiwi star fruit, plums, pears, mangos, etc.
- Fruit salad or fruit kabobs
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits- apples, apricots
- Single serving applesauce or canned fruit in juice or water
- Low fat cream cheese with celery sticks
- Lean meats and reduced fat cheese sandwiches
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip
- Mini bagels with whipped light or fat-free cream cheese
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products(string cheese, single serving cottage cheese, cheese cubes
- Flavored soy milk fortified with calcium
- Pure ice cold water

This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards(Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.

Source: Illinois Nutrition Education and Training Program

Avoid foods and beverages containing peanuts and tree nuts and their byproducts for the safety of those allergic.