

APS Wellness and Nutrition Guidelines

Q and A for Staff

Is food allowed at all during the school day?—YES, with the following parameters: Up to four (4) food-related events are allowed per year, however, all events must be pre-approved by your building Principal and the food items must meet nutrition guidelines as stated on the “At A Glance” handout. *Remember to check any student-related food restrictions with the school nurse.

How can I obtain information regarding the nutrition guidelines?—Refer to the “At A Glance” handout for nutrition guidelines. Use the school nutrition department and school nurse as resources to ensure appropriate foods are served that meet regulatory guidelines.

What alternatives can I use to replace previous food-related traditions such as birthday parties? Ask parents to donate or read a birthday book to the class, sing student’s favorite song, distribute birthday stickers, or have student serve as a classroom leader. **How about alternatives for fundraisers that take place during the school day?** Sponsor challenge quizzes, relay races, plant/flower sales, raffles, talent shows, or walk-a-thons.

Can I use food as manipulatives in the classroom?—NO. Because of the increased number of students with food allergies, Andover Public Schools recommends staff refrain from using food as manipulatives for lessons. If necessary, dried beans or rice may be an appropriate choice.

Can we still hold food-related fundraisers?—NO. Fundraising events during the school day that involve food are prohibited. Remember the school day includes thirty minutes before school begins and thirty minutes after.

Can I reward my students with candy?—NO. All food-related rewards are prohibited.

Can a student miss recess to catch up on missed work?—YES. Students can have a modified recess to make up work or to follow up on a report. Students should not be deprived of physical activity as a form of punishment.

Can vendors be visible on school property?—NO, vendors cannot be parked on school property from thirty minutes prior to the school day to thirty minutes after the end of the school day.

Can the PTO continue to organize food-related events?—YES, as long as they are held at least thirty minutes before or thirty minutes after the end of the school day. PTOs must also have a certified food safe adult overseeing the serving of food.

Can I sell healthy food items at the school store during the school day?—NO. Competing with the food services program is prohibited.

Can I offer pizza to my students as a special luncheon?—YES, as long as the pizza is purchased through the School Nutrition Department and is part of a **balanced** meal. Purchasing through the school nutrition department avoids competition with the school lunch program.

Do I have to purchase food through the school nutrition department for classroom parties?—NO, as long as the food items meet the nutrition standards and do not replace the school lunch.

Can a parent send in non-approved food items with their child?—YES, but only for their own child.

If you have any further questions, please check with our school wellness advisory representatives, Rita Casper (District Coordinator for Nursing Services) rcasper@aps1.net or Gail Koutroubas (Director of Food and Nutrition Services) gkoutroubas@aps1.net.