



Approved Store-Bought Treats And Fresh Ideas **For Class Birthdays**

As you plan for your child's birthday, TGS asks that store-bought cakes, cupcakes, cookies, candy, doughnuts, soda, and juice boxes remain at home. Our school values providing a place where students can have wholesome and nourishing foods to help them to focus, learn, and grow.

This approved store-bought treat booklet tries to avoid artificial sweeteners, high fructose corn syrup, food dyes, canola and vegetable oils, and artificial flavors. We ask parents to be sensitive to severe allergies so all students can participate in celebrating your child's birthday. These items can be found at Publix, Target, Walmart, Sprouts, Whole Foods, or Amazon. Check ahead on availability and flavors. There are also examples of homemade Fresh Idea treats you can bring for your child's birthday. You can find a Fresh Ideas Booklet with loads of ideas on the TGS website.

Every family is unique to what is a "sweet treat," so let's be mindful of what is served to our students in class and bring in foods that are fresh and wholesome.

Cookies

1. Simple Mills
2. Maxine's Heavenly
3. Partake Cookies
4. MadeGood
5. Back to Nature

Ready to Bake Cookies

1. Sweet Loren's





Popsicles, Ice Cream, and Frozen Desserts

1. GoodPop
2. Jonny Pops
3. Outshine
4. DeeBee's Organics
5. Chloe's
6. So Delicious
7. Tru Fru



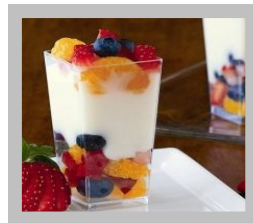


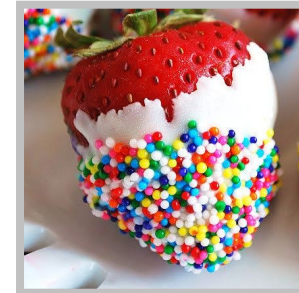
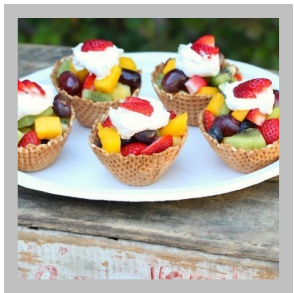
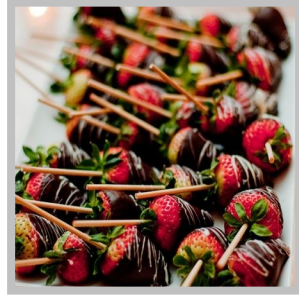
Nutritional Environment at The Geneva School

In an effort to promote a healthy nutritional environment for students, the school encourages parents to make healthy choices when bringing food into the classrooms for students to enjoy. Instead of cookies, doughnuts, and cakes that are high in sugar and unhealthy fat, families are asked to consider the following ideas as alternatives that provide some nutritional value for classroom feasts and parties. This list is not exhaustive, and creativity in keeping with the spirit of the school's goal is encouraged. Please see the Fresh Ideas Booklet on the TGS website.

Healthy, Nutritional Ideas for Birthday and Classroom Celebrations:

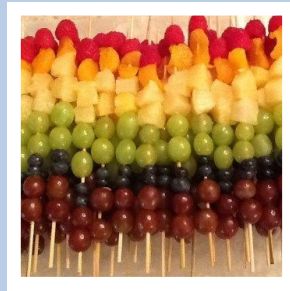
Snacks: frozen fruit bars, cheese sticks, fruit slices, cheese and crackers, fruit kebabs, pretzels (hard or soft), dried fruit rolls, bagel pizza bites, sandwich skewers, veggies and dip, watermelon pizza, popcorn, trail mix, yogurt cups with sprinkles, Chex Mix, frozen chocolate bananas, and chips with salsa. Please keep in mind to try and avoid artificial sweeteners, high fructose corn syrup, food dyes, canola and vegetable oils, and artificial flavors.





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2. Popsicles, Ice Cream, and Frozen Desserts (p.4-5)



For more Fresh Ideas for your child's birthday, go to www.genevaschool.org

1. Click on **PARENTS** on the top right of the page.
2. Then select the **Health and Wellness** tab.
3. Finally select the **Health and Wellness Resource** on right of the page.