

WELLNESS POLICY REGULATION Q&A

Can I offer any type of food or beverage during the 4 celebrations?

Yes. Foods offered during a celebration do not need to meet any specific nutrient guidelines. It is suggested that you provide healthy options during celebrations to meet a variety of needs.

If I have an event before school, such as Moms and Muffins or Dads and Donuts, does the food need to meet specific requirements?

No. If the event is scheduled to end before the start of the instructional day food does not need to meet specific nutrient guidelines and does not count as a celebration.

Can a building principal decide to not allow food during celebrations and/or allow less than 4 celebrations with food per year?

Yes. The regulation says up to 4. This means a building principal can choose to do any number of celebrations with food each school year up to a maximum of 4.

Can parents bake cupcakes or brownies and bring in for one of the celebrations?

No. All food (excluding fresh fruits and vegetables) must be pre-packaged, store purchased, and include ingredient labels and allergen statements. This rule is provided in an effort to prevent bacterial food safety and allergen contamination concerns.

Does each classroom get to decide when their 4 celebrations occur? OR is this determined at the principal level?

No, the building principal decides when the 4 celebrations will be for the entire school.

As a teacher, if I feel a child needs to have something to snack on, can I give him/her something to eat?

Yes. Any food provided to a child during the school day must meet Smart Snack Standards (see attachment).

Can parents send a snack in for their child to consume during class?

Yes. Parents can provide their student with a snack. However, they cannot provide snacks for others unless it is part of a celebration.

Can teachers provide food as a reward?

Yes. Food can be used as a reward but must meet Smart Snack Standards (see attachment).

Can we provide our students with a reward ticket to redeem in the cafeteria at lunch?

Yes. Students can bring a ticket to the cafeteria and redeem for a Smart Snack item. Each principal would work directly with Food and Nutrition Services to implement this service.

Am I required to purchase Smart Snacks from the cafeteria?

No. A list of Smart Snacks has been provided and is available on the WCPS website. This list is not all-inclusive and the USDA Smart Snack calculator is available for you to confirm if your food item is Smart Snack approved. Smart Snacks can also be purchased from the cafeteria for convenience but Smart Snacks can be purchased at most grocery stores.

Can we sell coffee to students?

No. Maryland law prohibits caffeinated items from being sold to students during the school day.

Can I include small samples of food as part of an educational activity in the classroom?

Yes. Food used for classroom lessons as part of a curriculum plan can be offered to students with no restrictions.

Do fundraising events during the school day need to follow Smart Snack Standards?

Yes, any food sold to students during the school day must meet Smart Snack Standards. In addition Maryland law prohibits the sale of caffeine to students during the school day.

