

Fort Island Birthday Treat Guidelines

Birthdays are a special time for children, especially when they can celebrate their special day at school with birthday treats for classmates, teachers and staff.

Because these treats are often messy, may contain allergens (peanuts, gluten, nuts, dairy), and are non-nutritious, the staff has created new guidelines that will be used for birthday treats at Fort Island.

Birthday treats should be individually wrapped for easy, sanitary distribution.

Suggestions:

- Homemade, bakery or store-bought cookies
- Homemade Rice Krispie Treats
- Cereal or Cereal Mix
- Pretzels

Individual commercially packaged items are also accepted and encouraged as it makes it easier for us to know the ingredient contents.

Suggestions:

- Granola bars
- Rice Krispie Treats
- Fruit Snacks
- Boxes of Raisins

Non-food items are also an option:

- Pencils
- Erasers
- Stickers

The following items are NOT ACCEPTABLE for birthday treats:

- Cupcakes
- Brownies
- Cakes
- Donuts

Thank you for helping your child celebrate his/her special day while following these guidelines. This will help us to keep kids safe and will reinforce healthy habits that you teach at home.