**École Whitehorse Elementary School**

**Bake Sale Guidelines**

**School Fundraising Initiatives**

Along with raising funds for the school or student activities, bake sales create a sense of community and can be lots of fun for everyone involved. Food items sold at bake sales tend to be sugary treats that are high in fat and calories and low in fibre. By hosting a bake sale that features tasty, healthier treats, schools promote healthy eating, support student learning and raise funds all at the same time.

Our school encourages fundraising activities, rewards, and incentive programs that do not compromise student’s healthy food choices. Fundraising can be complementary to the health of both students and the community by offering healthy food and beverage options or non-food items for sale. If you are planning to host a bake sale at EWES please consider the following recommendations:

* Consult the document: Guidelines for Food & Beverage Sales: Making Bake Sales Delicious and Nutritious <http://www.healthlinkbc.ca/healthyeating/pdf/food-guidelines-bake-sales.pdf>
* Keep portion sizes moderate. Cookies that are 6 cm in diameter or less, slices of loaves that are 2 cm thick or less and muffins that are the size of a tennis ball or smaller are more likely to meet the Guidelines.
* Look for recipes that include in-season fruits and vegetables such as apples, berries, rhubarb and zucchini. Bake Better Bites has some good recipe ideas: <http://healthyschoolsbc.ca/program/resources/56/en/60503/Bake-Better-Bites-2014.pdf>
* Ensure that everyone bringing food understands how to be food safe and aware of allergies.
* Label all food sold with ingredient lists and nutrition information from recipes (when available).
* Keep it simple and do not sell products at bake sales that require refrigeration, such as food with dairy or egg products in liquid form and meats.
* Sell fresh fruits, vegetables and other healthy snack options alongside baked goods at school events.
* Include non-food items and prizes at events and physical activities/games that promote a healthy lifestyle.
* Provide clear information explaining the purpose of the bake sale.

**Allergies**

Parents and schools work together to ensure that staff and volunteers are aware of students who have food allergies and/or food related chronic health conditions.

It is the responsibility of the parent / guardian to notify the school of food allergies and food related medical conditions.

Administrators may at any time ban certain food products from the school due to food allergies.