

HEALTHY CLASSROOM CELEBRATIONS

IDEAS FOR PARENTS

Time to Party! Birthdays, Holiday's, and Special Occasions can be a fun time for students, teachers and parents. Many times, these parties also involve foods that are very high in sugar, fat, and sodium. Below are some Examples to shift the focus to healthy fun!

NON-FOOD IDEAS

- Pencils, pencil sharpeners or erasers
- Bookmarks
- Crayons
- Stencils
- Notepads
- Coloring Sheets
- Stickers
- Sidewalk Chalk
- Matchbox cars
- Bubbles
- Activity / Game sheets
- Glow sticks
- Stamps
- Temporary Tattoos
- Bouncy Balls

BENEFITS TO HEALTHY CELEBRATIONS

- + creates
excitement ABOUT
NUTRITION
- + HEALTHY KIDS
Learn BETTER
- + PROMOTES a
HEALTHY SCHOOL
ENVIRONMENT
- + PROVIDES
CONSISTENT
MESSAGING ABOUT
HEALTHY CHOICES

HEALTHY PARTY SNACKS

- Applesauce or Fruit Cups
- Bananas, Apples or Oranges
- String Cheese
- Pretzels
- Whole grain Crackers
- Raisins or dried fruit
- Graham Crackers
- Popcorn
- Raw Veggies with low-fat dip
- Yogurt, Go-gurt
- Sunflower seeds
- Low-fat granola bars
- 100% juice