

HEALTHY SCHOOL CELEBRATIONS and BIRTHDAYS!

Let's Party! From birthday parties to holiday celebrations, there are many celebrations in school. Along with the fun, usually comes food.

Offering so many treats so often can contribute to unhealthy eating habits. However, with a few easy changes, parents and teachers can shift the focus of school parties from unhealthy food to healthy fun. Please help us encourage lifelong healthy habits among our children.

Healthy Party Snacks

If you wish to bring food as part of the celebration, please select or prepare healthier food options that your child enjoys. You could even use cookie cutters to make sandwiches or fruit more interesting!

Some other suggestions include:

- ❖ Fruit Smoothies
- ❖ Trail mix (pretzels, dried fruit, whole grain low-sugar cereals, etc.)
- ❖ Fruit Kabobs made with a variety of fruits
- ❖ Yogurt parfaits with non-fat or low-fat yogurt, low-fat granola and fruit
- ❖ Angel food cake topped with fresh fruit
- ❖ Light or low-fat popcorn
- ❖ Applesauce or other fruit cups
- ❖ Raw veggies served with low-fat dip
- ❖ Berries with low-fat whipped topping
- ❖ Bananas or strawberries with chocolate syrup as a dip
- ❖ Graham crackers with jam or apple butter
- ❖ Fresh apple slices with caramel or yogurt dip
- ❖ Fruit salad
- ❖ Raisins or dried fruit such as bananas, apples, peaches, apricots, plums, etc.
- ❖ Whole grain tortilla chips and salsa
- ❖ Whole grain crackers like Triscuits with cheese
- ❖ Healthier baked goods (ex. Muffins, banana bread)
- ❖ Foods with special family or cultural significance
- ❖ Favorite dishes that aren't necessarily desserts

You can also consider celebrating with your child's favorite stories, music, games or activities. Often times the most important thing to your child is that you took the time to help plan something special. Please feel free to let me know if you have questions or need ideas.

We know that it's hard to break old habits like cake, ice cream and candy, but let's give it a try!