

Healthy Celebrations at School

Classroom celebrations provide opportunities for students to make healthy choices and practice good nutrition.

6 Party Ideas for Parents

- Consider simple party favors like pencil toppers and flower leis which are inexpensive and fun!
- Donate a book to the classroom and volunteer to read it to the class.
- Buy or donate items to the classroom like activity books, games, plants, etc.
- Send supplies and instructions for a craft like beaded necklace making instead of eating a snack. Bonus points if you volunteer to help with the craft.
- Arrange to play a game instead of a eating a snack. Use glow bracelets or fun erasers as prizes.

Be sure to talk to your child's teacher about their classroom policies and be respectful of everyone's time



8 Party Ideas for Teachers

- **Get students involved** in planning and preparing for celebrations - let them make decorations, favors, etc.
- Have students draw pictures about what the day they're celebrating means to them and use their pictures to **create a book**.
- **Have a dance party.** Let students pick the music and invite school staff.
- Let the students **vote on games to play** - bonus points if the games relate to the party theme.
- Provide time for a **free choice activity** or **extra recess time**.
- Arrange a **treasure hunt around the classroom** or school building.
- **Invite a special guest to read a book** related to the party theme.
- Provide parents with a **class party sign-up sheet** full of healthy foods.

 American Dairy Association
MIDEAST

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GRAINS

- lowfat popcorn
- pretzels
- graham crackers with apple butter or jam
- animal crackers
- bagel slices & peanut butter
- whole grain muffin
- lowfat granola bars
- bread
banana, zucchini, apple



FRUITS & VEGGIES

- fruit kabobs
- raw veggies & yogurt dip
- raw veggies & hummus
- celery with peanut butter & raisins or lowfat cream cheese & fruit preserves
- dried fruit
- frozen grapes & yogurt dip
- apple slices & caramel dip



DAIRY

- cheese & whole grain crackers
- string cheese
- lowfat yogurt
- frozen squeezable yogurt
- yogurt smoothies or parfaits
- lowfat pudding
- lowfat cheese shreds & popcorn
- yogurt fruit dip
fat-free yogurt and honey



DRINKS

- lowfat white milk
- fat-free white milk
- fat-free flavored milk
- lactose-free milk
- 100% fruit juice
- water with fresh fruit for a fun twist
- sparkling punch
sparkling water & 100% fruit juice



DIY

- trail mix
pretzels, whole grain cereal, dried fruit
- pizza
whole grain English muffin, sauce, veggies, lowfat cheese
- wraps
lean meat, lowfat cheese, veggies
- walking taco
whole grain tortilla chips, salsa, bean dip, guacamole, lowfat cheese
- kabobs on pretzel sticks
fruit & cheese kabob on pretzel sticks

Healthy Snack Ideas

DIY Yogurt Parfait Bar

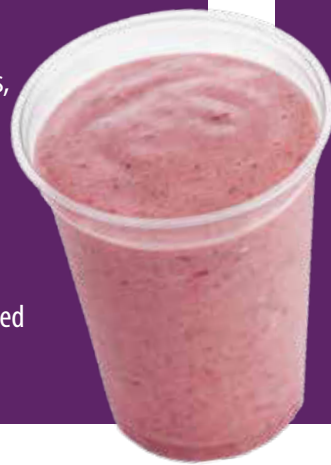
Put two spoonfuls of yogurt in the bottom of a clear plastic cup and let the kids do the rest! Provide options like:

Yogurt - lowfat plain, vanilla or strawberry

Fruit - (fresh, canned or dried) strawberries, blueberries, raspberries, peaches, pineapple, cranberries, raisins, etc.

Grains - lowfat granola, whole grain cereal or oats

Fun Variations - shredded coconut, maple syrup, mini chocolate chips, sprinkles, crushed graham crackers, etc.



DIY Smoothie Bar

Start with 1/3 cup of ice and 1/4 cup of yogurt in each cup. Let kids add ingredients to fill the cup, then mix in blender. Provide options like:

Yogurt - lowfat plain, vanilla or strawberry

Milk - lowfat or fat-free white or fat-free flavored

Fruit - (fresh, canned or dried) bananas, strawberries, blueberries, raspberries, mango, peached, pineapple, etc.

Vegetables - spinach, butternut squash, beets, carrots, pumpkin, sweet potato, etc.

Fun Variations - peanut butter, coconut, applesauce, chocolate powder, etc.