

Healthy Celebrations



Experts suggest combining all classroom parties into once a month events to save instructional time, waistlines, and to reduce costs for parents.

SCHOOL HEALTH INITIATIVE PROGRAM WILLIAMSBURG-JAMES CITY COUNTY PUBLIC SCHOOLS

Healthy Schools for a Healthy Community

Food Ideas:

Fresh veggies w/LF dip (see recipe below), salsa or hummus
Fresh fruit w/yogurt dip (see recipe below)
LS popcorn, pretzels
Baked chips
WG tortilla chips w/salsa
RS ready-to-eat cereal
Frozen yogurt
WG, LF, LS bread products such as breadsticks, mini bagels, graham crackers
LS nuts and seeds
LF cookies such as fig bars, gingersnaps, animal crackers
Yogurt parfaits
LF, RS pudding or gelatin cups
LF mini muffins
Cereal or granola bar
Finger sandwiches on WG bread
Fruit & cheese kabobs
Angel food cake topped with fresh fruit slices
Banana splits with frozen yogurt
LF cheese cubes or string cheese

Here is our code:

WG=whole grain

LS=low sodium

LF=low fat

RS=reduced sugar

Drink Ideas:

- Bottled water
- 100% juice (small size)
- Milk (maybe purchased from the cafeteria)

Celebrate the Child (not the cupcake)!

Want to celebrate a birthday?*

- Donate a book in your child's name to the class or library
- Give a treat bag to each student with school supplies, stickers, or a small book
- Provide art supplies for a special project on your child's special day
- Donate a plant for the school garden
- Provide bubbles, balls or outdoor play equipment
- Plan a dance party
- Arrange a healthy cooking & tasting party

*Always check with the teacher first!

Include physical activity in your celebrations: walk, dance, go outside, do a scavenger hunt or obstacle course, have extra recess. Active play every day!

**Make Your Own Trail Mix Activity:
RS/WG cereal, LS pretzels, baked snacks, some dried fruit, a little bit of nuts and seeds, and a tiny bit of chocolate. This is a good activity for teaching portion sizes.**

Pre-packaged, single serve foods are best for convenience, sanitation, and food allergens.

**Concessions:
Baked potato bar, chili bar, sub sandwiches, cheese or veggie pizza, popcorn, soft pretzels w/ mustard, LF milk & water.**

**School Stores:
Nonfood items sell well, such as school supplies, school spirit items, and coupon cards to local stores/restaurants.**

Nonfood Rewards & Zero Cost Ideas

Sit by a friend-Read outdoors-Teach the class-Extra art, computer, recess time-Listen to music while working-Earn play money for privileges-Game or puzzle time-5 minute chat break-Homework pass-Dance to music-Read or tutor in a younger class-Make deliveries to the office-Choose the Brain Break activity-Special time with the principal

Easy Fruit Dip

1/2 cup LF yogurt
1 tsp honey
1/4 tsp cinnamon
1/4 tsp nutmeg
Mix together until blended. Chill then serve with fresh fruit.

Easy Veggie Dip

1 cup LF cottage cheese
1/2 cup LF yogurt
2 tbsp dry ranch dressing mix
Mix together until well blended. Chill 1 hour to let flavors blend. Serve with fresh veggies.

Sources:

MI Action For Healthy Kids
AL Action For Healthy Kids