Healthy Celebrations

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!

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

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

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 allergies.

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
- Extra recess
- Dance party
- Read or tutor in a younger class
- Make deliveries to the office
- Choose the Brain Break activity
- Special time
- Meet the principal

Sources: MI Action For Healthy Kids
AL Action For Healthy Kids