



## Healthy School Celebrations

From birthdays to holidays, the school year is full of celebrations. Traditionally, along with celebration comes food. Just one school party can include: pizza, sugary drinks, chips, cupcakes and more. In a classroom with 25 students, that could add up to 25 days worth of treats that can contribute to unhealthy habits. Many school districts and classrooms are encouraging healthier ways to celebrate. When you shift the focus from unhealthy foods to healthy fun, everyone wins. Here are some ideas:

### Shift the focus from food to fun

#### **Birthdays**

- Make a sign, sash, crown, button or badge for the birthday student to wear on their special day.
- Play an indoor game of the birthday student's choice.
- Read the birthday student's favorite book to the class.
- Ask students to write a special note of gratitude about the birthday student.

#### **Holidays**

- Organize an arts and crafts project that the entire classroom can work on and take home.
- Choose a service project your classroom can work on together.
- Do something active like organizing a relay race or holding a classroom dance party.

### **Better food options**

If you do plan to have snacks at a party, offer healthy options. Be sure to pay attention to any food allergies or food restrictions.

- Fresh fruit salad or festive fruit kebabs
- Raw vegetable assortment with ranch dip
- Hummus with celery, carrots and whole wheat pita bread
- Yogurt parfaits with nonfat or low-fat yogurt, fruit and nut-free granola
- Apple slices with caramel or yogurt dip
- String cheese or whole-grain crackers with cheese slices
- Make-your-own trail mix: bring pretzels, dried fruit, whole grain cereals and sunflower seeds and let kids make their own snack.

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