

## Healthy Classroom Celebrations

Birthday parties and holiday celebrations provide a great opportunity for schools to make healthful eating fun and exciting for students. Schools can promote a positive learning environment by shifting the celebration from the food to the child. Celebrations can include a variety of activities, games and crafts and foods that taste good and are nutritious. An overall strategy to consider would be to have fewer parties and celebrate birthdays on a monthly basis

### Healthy Food Ideas

- Low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (low-fat yogurt, fresh or frozen fruit, ice)
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping or topped with yogurt
- Dried fruit, 100% fruit snacks
- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Waffles or pancakes topped with fruit
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers
- Angel food cake, plain or topped with fruit and low-fat whipped topping
- Bagel slices with peanut butter or jam, fruit or grain muffin (low-fat), whole wheat English muffin, hot pretzels
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce

- Ham, cheese or turkey sandwiches or wraps
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Quesadilla or bean burrito with salsa
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip
- Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds

There is nothing wrong with an occasional treat but unhealthy food and beverage choices have become the norm rather than the exception. Healthy foods chosen as part of the festivities can provide an opportunity to reinforce nutrition lessons.

Adapted from *Healthy Celebrations*, Connecticut State Department of Education

# Healthier ME Pledge

Learning new things each  
and every day

Working hard to change  
how I eat and play

I commit to a healthier and  
happier way

...Yesterday, tomorrow,  
and the rest of today.

## Classroom Snack, Celebration and Treat Policy

We encourage all students to develop lifelong healthy eating practices. David City Public School is committed to the health and safety of all its students. As part of this commitment, healthy snack guidelines were developed and apply to food distributed during the school day as part of a special celebration, birthday or school party. Due to food safety and food allergy concerns and in an effort to provide healthy foods, a list of alternatives to home-baked goods, including both food and non-food items, can be found below. Parents and staff are encouraged to find a healthy food alternative from the list. Food items not on the list provided must be approved by the building principal or school nurse.

### Allowed

- Fresh/dried fruit
- Fresh vegetables
- Dips based on low fat yogurt or sour cream (limited sugar and salt)
- Fruit or vegetable salsa
- Pita chips
- Canned fruits (prefer packed in natural juice)
- Dried meats (limited salt and preservatives)
- Yogurt
- Frozen yogurt or smoothies
- Nuts\*
- Peanut butter\*
- Yogurt
- Cheese
- Water
- 100% fruit juice
- Crackers (prefer whole grain or multi-grain)
- Ritz chips
- Graham crackers
- Fruit/nut trail mix, chex mix (limited or no candy or salt)
- Popcorn (limited salt)
- Pretzels
- Bagels (prefer whole grain)
- Granola Bars (limited or no candy or chocolate)
- Nutri-grain bars
- Cereal (limited or no sugar)

\*Be sure that no students in the class have a nut allergy

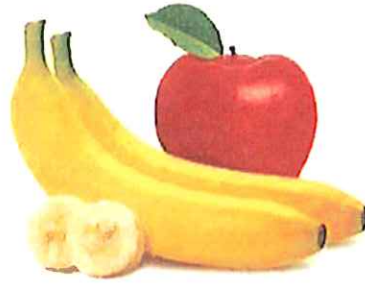
### Non-Allowed

- Home baked goods
- Cookies
- Candy
- Chips
- Cupcakes
- Cake
- Pop tarts
- Soda/fruit/sport/energy drinks
- Gum
- Fruit roll-ups
- Fruit snacks

### Physical Activity Option

Another option with these celebrations is to choose a physical activity. Celebrations do not have to include food instead they can be done with movement. Parents and teachers can choose activities like an extra period of recess, games, relay races, dancing, or a scavenger hunt. If a parent chooses to use physical activity for a classroom party or celebration, the classroom teacher needs to be notified ahead of time.



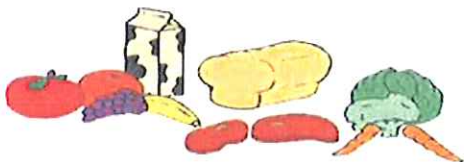


## Healthy Celebrations

Birthday parties and holiday celebrations at school provide a unique opportunity to help make healthful eating fun and exciting for children. David City Public Schools wants to take advantage of classroom celebrations to serve food that tastes good and is nutritious. Typically, foods for school celebrations include cupcakes, candy, or cookies. Although there is nothing wrong with an occasional treat, unhealthy choices have become the norm rather than the exception for our children. Most children do not eat enough fruits, vegetables, or whole grains. Obesity rates among children are on the rise, with serious health consequences. In addition, there are children that attend our school with significant food allergies or other illnesses that do not allow them to partake in the typical party food. Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices. By providing students with nutritious choices whenever food is available, we can positively influence children's eating habits.

### Healthy Party Snack Ideas

- Fruit Smoothies (see recipe)
- Trail Mix with dried fruit, low-sugar cereal, pretzels, popcorn etc.
- Fruit Kabobs
- Yogurt parfaits
- Light Popcorn
- Applesauce or other fruit cups
- Raw veggies served with low-fat dip
- Fresh fruit served with low-fat yogurt or caramel dip
- Graham crackers with jam
- Fruit Salad
- Whole grain tortilla chips and salsa
- Whole grain crackers with low-fat cheese
- String Cheese



### Basic Fruit Smoothie

#### Ingredients per smoothie

$\frac{1}{2}$ -1 c fresh or frozen fruit

1 c plain non-fat yogurt

$\frac{1}{2}$  c fruit juice

About 4 ice cubes or use frozen fruit and skip the ice

Directions: Combine all ingredients in a blender and process on high until ice is crushed and mixture is smooth and creamy

### Fruit Dip

#### Ingredients:

1/2c vanilla low-fat yogurt

1 tsp honey

$\frac{1}{4}$  tsp cinnamon

$\frac{1}{4}$  tsp nutmeg

Directions: Mix ingredients together until blended. Serve with fresh fruit!



Here are some ideas for Halloween candy alternatives that are creative and sure to put a smile on kids' faces, without spending a lot of money:

- Silly bands.
- Glow stick bracelets. Buy a cheaper bulk pack of glow sticks and break them up ahead of time to activate the light.
- Bubbles. Small bottles of bubbles are available in large packs making them very cheap per piece.
- Musical items. Plastic whistles or kazoos are inexpensive and easy to find in any party store.
- Silly Putty or Play Doh. Buy smaller, less expensive "sample" size containers available in multi-pack cases in assorted colors.
- Mini flashlights
- Black spider rings
- Glow-in-the dark vampire fangs
- Rubber stretchy snakes, lizards, spiders or frogs
- Plastic assorted bugs
- Halloween finger puppets
- Halloween pencils or erasers
- Halloween themed temporary tattoos or stickers
- Halloween themed bookmarks
- Printable coloring sheets and a few crayons

Healthy Food Treats for Halloween:

- Individually wrapped pkgs. Pretzels, Goldfish Crackers, or Teddy Grahams
- Cheese sticks
- 100% juice boxes or pouches
- Small boxes of raisins
- Mini bags of microwave popcorn
- Fruit cups in light syrup or fruit juice
- Fresh fruit (apples/oranges etc)
- Applesauce cups
- Fruit Leather

## Healthy Food Treats for Classroom Celebrations/ Birthday Treats

- Frozen Grapes
- String Cheese
- Banana
- Frozen Banana (peel it first, stick in the freezer overnight- it's like a yummy popsicle)
- Low-fat Yogurt
- Sugar-free or fat-free pudding
- 100-calorie bag of popcorn
- Applesauce cups
- Almonds
- Apple slices
- Smoked Beef Jerky (about 1 oz- look for low-sodium!)
- Chocolate Milk
- Sunflower Seeds
- Raisins
- Rice Cakes
- Sugar-free Jello
- Dried Fruits
- Air-Popped Popcorn
- Pistachios
- Cuties or Clemmies
- Pickles
- Ants on a Log (celery with peanut butter and raisins)
- Peanut Butter and Bananas on whole wheat bread
- Trail Mix
- Orange Slices
- Cherry Tomatoes
- Graham Crackers
- Half of a Cinnamon-Raisin bagel topped with peanut butter and banana slices
- Baked Apples
- Animal Crackers
- Parfait (build your own with Greek yogurt or plain yogurt, fruit, and granola)
- Guacamole with veggies
- Triscuit's *Thin Crisps* dipped in cottage cheese or hummus
- Cashews
- Hard boiled eggs
- Teddy grahams
- Popcorn chips
- Salami/pepperoni slices
- Fruit kabob
- Pretzel rod with peanut butter
- Whole wheat breadsticks
- Chex mix
- Pretzels
- Sun Chips
- Sugar Snap Peas
- Apricots
- Laughing Cow Light Cheese Wedges
- Any 100 calorie pack
- Snack/Granola bar (around 150 calories or less, like Kellogg's All-Bran, Kashi TLC Trail Mix, or Fiber one Bar)
- Baked chips (about 7-10) with salsa
- Soy Chips
- Pumpkin Seeds
- Broccoli Florets
- Peaches and Cottage Cheese
- Chopped Red Peppers (dipped in fat free ranch)
- V8 Vegetable Juice
- Tuna with Triscuit crackers
- Dates with almond butter or rolled in coconut
- Quesadilla (whole wheat (or corn) tortillas w/cheese (or not) melted in microwave - adding on tomatoes, beans, corn, olives, avocado or guacamole or whatever sounds good)
- Watermelon
- Cubed Apples and Cubed Cheese
- Craisins
- Goldfish Crackers
- Lime Sherbet (1/2 cup serving) with sliced kiwi
- Apple Chips
- Pecans (try five pecans roasted with 2 teaspoons maple syrup and 1 teaspoon cinnamon)
- Honeyed Yogurt (½ cup nonfat Greek yogurt with a dash of cinnamon and 1 teaspoon honey)
- Blackberries (so good mixed with plain yogurt)
- Frozen Mangos
- Peanut Butter Yogurt Dip with fresh fruit
- Baked chips
- Fruit leather/roll-ups
- Licorice

\*\*Lake/Osgood Elementary Schools-North Platte