



# CELEBRATIONS THAT SUPPORT CHILD HEALTH

Schools and afterschool programs play an important role in helping students learn about healthy eating. School celebrations can reinforce messages about good nutrition and health when they include healthy foods and beverages and provide opportunities for kids to dance, play games and engage in sports.

## FOLLOW THESE STEPS TO ENSURE THAT YOUR SCHOOL COMMUNITY PROVIDES FUN AND HEALTHY CELEBRATIONS:

- 1** Survey staff, students and families to identify successful healthy celebration options and share the results with the school community.
- 2** Work with your school wellness committee to update the celebration policy in the school wellness policy or handbook. Be sure to align with the district's local school wellness policy.
- 3** Promote the new celebration policy through the school's website, social media accounts, newsletters and/or bulletin boards.
- 4** Send letters to parents explaining the policy change and why it is important. Include a list of healthy snacks that parents/guardians can pack for their children.
- 5** Provide healthy celebration ideas to parents and school staff. Include a suggested healthy snack list for classroom celebrations.
- 6** Encourage school staff can share healthy celebration success stories to encourage all classrooms to implement healthy celebrations.

On the next page are many examples of non-food and healthy celebration ideas from Healthier Generation that students will enjoy!

To learn more and join the movement, visit [HealthierGeneration.org](https://HealthierGeneration.org)

## NON-FOOD CELEBRATION IDEAS



### PRIZES

Pencils or erasers  
Stickers  
Books  
Tickets or tokens toward for a larger prize  
Rulers  
Slap bracelets  
Playdough  
Frisbees  
Coloring books



### PHYSICAL ACTIVITY

Lead a special physical activity break  
Host a special event such as a dance or kite-flying party  
Provide extra recess or PE time  
Turn on the music and let students dance for a few minutes  
Have a themed parade around your school



### SPECIAL EVENTS

Let students choose a special activity or be a teacher's helper  
Allow students to select a special book or invite a guest to read aloud  
Go on a scavenger hunt  
Host a special dress day where students can wear hats or pajamas



### RECOGNITION

Give a certificate or ribbon  
Post a sign in the classroom or on a prominent bulletin board  
Give a shout-out in the morning announcements  
Allow child to wear a crown or special sash  
Recognize the student during an assembly

## HEALTHY SNACK & BEVERAGES IDEAS\*



### BEVERAGES

Water  
100% fruit juice with no added sugar  
Fat-free or low-fat milk  
Fruit smoothies made with frozen fruit with no added sugar and fat-free or low fat yogurt  
100% fruit juice slushes with no added sugar  
Fruit-infused water



### FRUITS & VEGGIES

Fruit trays, salads or kabobs  
Vegetable trays, salads or kabobs  
Canned fruit or fruit cups in water or 100% fruit juice  
Frozen fruit or fruit cups in water or 100% fruit juice  
Dried fruit with no added sugar



### WHOLE GRAINS

Whole grain crackers, pretzels or cereal bars  
Small whole grain bagels, waffles or pancakes topped with fruit or seed butter  
Low-fat or air-popped popcorn with no added butter or salt  
Graham crackers  
Baked whole grain tortilla chips with salsa or bean dip



### PROTEINS

Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip  
Seed butter served with fruit or whole grain crackers  
Trail mix made with dried fruit and whole grain cereal  
Low-fat cheese served with fruit or whole grain crackers  
Hummus served with vegetables or whole grain crackers

\* Work with your district's nutrition services staff to purchase Smart Snack compliant foods and beverages for celebrations. Use [Healthier Generation's Smart Snacks Product Calculator](#) to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item. Many schools are nut-free. Please check with your school.

