

# Healthy Celebration Ideas

Schools have an extraordinary influence on the development of lifelong eating habits and other healthy lifestyle patterns. The occasions when students can practice making healthy food choices at school serve as opportunities to reinforce the nutrition knowledge learned in the classroom. Additionally, school parties are an opportunity to put food in its proper place as a complement to the fun and not as the main event.

## Non-Food Ways to Celebrate

- Donate a book to the school library or classroom in honor of the child's birthday with a personalized gift acknowledgement inside
- Let the child choose a book and choose who reads the book (teacher, principal, maybe a parent, etc.)
- Donate playground/physical activity equipment- jump ropes, balls etc.
- Celebrate with active games chosen by the students
- Have a dancing celebration
- Let the child choose a theme for the day
- Have a scavenger hunt
- Help the students make up a fun birthday song to sing to the birthday boy/girl
- Engage students in a special art project
- Create a "Celebrate Me" book that the students can draw pictures for or write good things about the birthday boy/girl.
- Go for a fun run with the principal or local hero (fireman, mayor, athlete)
- Have a special birthday hat, necklace, or other accessory for the students to wear during the day

## Healthy Party Snack Ideas

- Small bottles or cartons of flavored milk, 100% juice, smoothies and/or water
- Finger sandwiches or sliced wrap sandwich pinwheels
- Low fat yogurt squeeze packs or cups
- Fresh fruit tray-whole, wedges, slices (dip in orange juice to retain color) or fruit kabobs!
- Fresh vegetable tray (some ideas to include are: baby carrots, grape tomatoes, celery sticks, cucumber spears, red and green bell pepper strips, cauliflower and broccoli florets) with reduced fat ranch or yogurt-based dip
- Trail mix (bring the healthy ingredients and the students can make their own!)
- Low fat yogurt and fruit smoothies (you could let the children choose their own fruits to add!)
- Frozen fruit (like grapes or watermelon, could even add a stick to make a fruit popsicle!)
- String cheese, cheese cubes or slices with whole grain crackers
- Low fat pudding cups
- Animal crackers, graham crackers, or oatmeal raisin cookies
- Pretzels
- Low fat popcorn

