

Healthy Classroom Celebrations



HOLIDAYS AND BIRTHDAY CELEBRATIONS ARE GREAT OPPORTUNITIES FOR SCHOOLS TO MAKE HEALTHFUL EATING FUN AND EXCITING FOR STUDENTS. CELEBRATIONS CAN INCLUDE A VARIETY OF ACTIVITIES, GAMES AND CRAFTS, & FOODS THAT TASTE GOOD AND ARE NUTRITIOUS!

Healthy Food Ideas

- Low-fat 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 with cheese kabobs, fruit salad, fruit with low-fat whipped topping or topped with yogurt
- Dried fruit, 100% fruit snacks
- Vegetable tray with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Pretzels, low-fat popcorn, rice cakes, graham crackers, & animal crackers
- Ham, cheese or turkey sandwiches or wraps
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt parfaits
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip

THERE IS NOTHING WRONG WITH AN OCCASIONAL TREAT BUT UNHEALTHY FOOD & 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.

These are just a few suggestions; there are lots of health food ideas out there! Google or Pinterest provide lots of ideas that could be used to make healthy eating fun!

This web site provides some ideas for Healthy Classroom Celebrations:

http://cspinet.org/new/pdf/healthy_school_celebrations.pdf

