

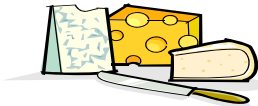
Healthy Classroom Celebrations

By serving healthy foods at classroom parties, you can help teach children to enjoy healthy foods at celebrations. There are many fun and healthy foods to serve at parties. Plan parties around non-food activities

Healthy Party Foods



- Apple sliced with peanut butter and raisins
- Carrot sticks and broccoli (very lightly steamed) served with low fat dip
- Oatmeal Whole Wheat Raisin Cookies
- Rice cakes
- Graham crackers and peanut butter
- Cheese and crackers
- Fruit with yogurt dip
- Granola
- Pita face pizzas
- Mini bagels with cream cheese and raisins



Non-food activities for classroom celebrations

Play games

Name that Sound

Gather a selection of items that can make a recognizable sound; a pan and spoon, a whistle, a toy drum, a rattle, a packet of cereal and a set of keys

Demonstrate each item so children know what to expect

Hide behind a screen and randomly make noises with each instrument, ask the children to name the sound

Pin the Tail on the Donkey

You can use variations of this game for different holidays. You can pin the stem on the pumpkin for a fall party and for toddlers do not use a blindfold.

Play with puzzles



Sing songs

Children can still enjoy special treats at parties. Limit high-fat or high-sugar items to one item per party. Have a cake at a celebration and make the other choices healthier.

