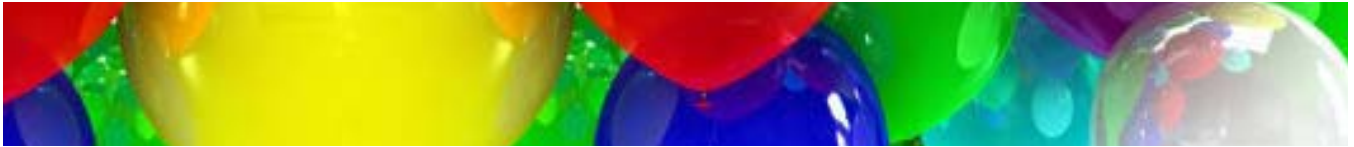


Healthy Classroom Celebrations

Classroom parties provide an excellent opportunity to reinforce and exemplify the school's wellness philosophy. They are also a chance for children to practice social skills, such as helping to prepare the food, sharing with others, cleaning up after themselves, etc. Have your students help to plan the party; there is a wealth of ideas for healthy classroom celebrations available on the Internet. And remember that food is only one part of the celebration, it is just as important to focus on other aspects of the occasion as well.



HEALTHY PARTY FOODS

Vegetables and Fruit

- ✓ fresh fruit with dip
- ✓ fruit crisp
- ✓ vegetable platters with dip
- ✓ fruit and cheese kebobs
- ✓ dried fruit or 100% fruit snacks
- ✓ veggie pockets or wraps
- ✓ applesauce, canned fruit
- ✓ fruit salad, frozen fruit
- ✓ popsicles made from 100% fruit juice

Grain Products

- ✓ whole grain crackers topped with cheese or hummus
- ✓ angel food cake, plain or topped with fruit and yogurt
- ✓ pizza with low fat toppings (veggies, lean ham)
- ✓ bagels or whole wheat English muffins
- ✓ small homemade muffins/loaves
- ✓ baked tortilla chips with salsa or bean dip
- ✓ low fat granola bars
- ✓ homemade waffles or pancakes topped with fruit
- ✓ quesadillas with salsa

Milk and Alternatives

- ✓ milk pudding
- ✓ yogurt
- ✓ yogurt and fruit smoothies
- ✓ yogurt and fruit parfaits
- ✓ frozen yogurt banana splits
- ✓ cheese cubes

Meat and Alternatives

- ✓ roast beef, ham, cheese or turkey sandwiches or wraps
- ✓ homemade chicken, egg or tuna sandwiches on whole grain bread
- ✓ hummus served with bread sticks, pita bread or raw vegetables

Healthy Beverages

- ✓ milk or chocolate milk (2% or 1%)
- ✓ water with citrus fruit slices
- ✓ smoothies
- ✓ soy and rice drinks
- ✓ 100% fruit juice
- ✓ water



Remember...

Read labels carefully to ensure that all foods are nut/peanut free. Practice food safety guidelines (Appendix 9) in the classroom.