

Healthy Party Ideas

From birthday parties to holiday celebrations, classroom parties are a frequent activity in elementary schools. Cupcakes, juice, pizza, donuts and ice cream don't have to be the main menu items at these parties. Below are some ideas for making those celebrations fun, active and healthier.

- ✦ Donate a classroom gift. Wrap a game or a book that can be donated to the classroom for indoor recess or free time. Don't tell your child what it is so that it is a surprise to them too!
- ✦ Gift bags with school supplies! The gift that keeps on giving every time they use that pencil or eraser.
- ✦ Bring in a craft for the students to do together, arrange a game, or extra recess.
- ✦ Be a guest reader for your child's birthday (or ask another very special person).

Healthy Party Snacks!!!

When a snack is part of the party, think healthy. Low fat and low sugar snacks help students get through the day without losing focus or feeling tired when the sugar burns off. Here are a few ideas to start:

- ✦ Fruit Smoothies: 1/2 cup fruit, 1 cup yogurt, 1/2 cup juice or milk, 4 ice cubes. Blend together and serve!
- ✦ Freshly popped popcorn. Use an air popper for a change.
- ✦ Low-fat pudding cups.
- ✦ Fruit slices with dip.
- ✦ Fruit Kabobs: use different kinds of fruit or let the kids make their own.

We recommend no homemade or bakery made goods.

Baked goods (i.e., cookies, cakes, brownies, etc.), ice cream, chocolate and candy are all food items that could unknowingly contain traces of peanuts/nuts.

Please remember that all treats must be store bought, unopened, and include an ingredient label on the package.

Thank you in advance for your efforts to provide treats that can be safely enjoyed by everyone.

Healthy Snack List

	Vegetables	Dairy	Grains
<i>1-1 ½ cups daily. Fruit can be served whole, sliced, cut in half, cubed, or in wedges.</i>	<i>1 ½-2 ½ cups daily. Vegetables can be served raw with dip or salad dressing.</i>	<i>2-3 cups daily. Try to make sure all dairy foods are low-fat or fat-free.</i>	<i>4-6 ounces daily. Try to serve mostly whole grains.</i>
Apples (whole or sauce) Bananas Berries (black, blue, rasp., straw) Cherries (fresh or dried) Grapes Kiwis Melons (cantaloupe, honey dew, watermelon) Nectarines Oranges Peaches Pears Pineapple Plums Tangerines	Broccoli Carrots Cauliflower Celery Cucumber Peppers (red, green, yellow) Tomatoes (cherry, grape) Summer Squash Zucchini	Yogurt Lower-Fat Cheese String Cheese Low-Fat Pudding	Whole Wheat English Muffins, Pita, or Tortillas Baked Tortilla Chips Whole Grain Crackers (Triscuit/Wheat Thins) Pretzels (Rold Gold/Better Made) Popcorn (low-fat) Cheese-Nips (Nabisco) Cheez-Its (Sunshine) Cereal-Dry (Cheerios, Raisin Bran, Frosted Mini Wheats, Wheaties) Goldfish (Pepperidge Farms)
Canned, frozen, and dried fruits often need little preparation.	For dips: Try low-fat salad dressings, like fat-free Ranch or Thousand Island, store-bought light dips, or salsa.	Make a dip for fruits or vegetables w/yogurt or top your yogurt or pudding w/fruit.	Whole grains provide more fiber, vitamins, and minerals than refined grains.

*****WATER should be the main drink served to children at snack time.*****

(One regular juice box can contain 7-8 teaspoons of sugar.)

This list is to be used as a guide for you, if you choose to send a healthy snack with your child. The snacks listed are intended to be healthy as well as safe for our children with peanut/tree nut allergies. If your child's classroom is designated as peanut/tree nut safe please check the labels of food prior to sending them into school. Keeping children healthy and safe is our priority.

The School District is not responsible for any change in the ingredients used by the manufacturer in making and processing the snacks. It is your responsibility to check the labels regularly as products ingredients are subject to change without notice.