Pleasant Valley School District - Healthy Classroom Party Ideas

The occasional classroom party (no more than 4 times per year) is an excellent time to help reinforce the healthy eating habits taught to students throughout the year. By promoting healthy behaviors, you can have a positive impact on students’ daily attendance, classroom participation, test scores, behavior, and help influence life-long healthy lifestyle habits. Proper guidance, education, and the ability to practice learned behaviors will lead to positive choices. Below are some healthy party recommendations.

Fresh Fruits & Vegetables
Include at least one fruit and Vegetable at parties such as:

**Fruits**
- Apples, orange wedges, pineapple, bananas, kiwi, grapes, strawberries, dried fruits

**Vegetables**
- Baby carrots, green or red pepper strips, pea pods, broccoli, cauliflower, cherry tomatoes, salads with low fat dressing.

Snack Foods – (Prepackaged)
- Low-fat string cheese
- Crackers with low-fat cheese
- Hot, soft pretzels with mustard
- Popcorn, air popped
- Nuts
- Beef Jerky
- Cheese pretzel kabobs (cheese cubes threaded on thin pretzel sticks)
- Baked tortilla chips and salsa or low-fat bean dip
- Pretzels, baked or reduced fat chips are better than regular chips
- Hard-boiled eggs (color for spring and eat!)
- Dry cereal mix (i.e. Cheerios, Chex)

Desserts
Limit desserts to one or two small portion items. Options are:
- Graham Crackers Oatmeal raisin cookies
- Low-fat frozen yogurt Animal crackers
- Fig Newtons Gingersnap cookies
- Vanilla Wafers Chocolate covered strawberries
- Strawberries with whipped cream
- Yogurt splits with bananas, yogurt, granola, and fruit toppings
- Angel food cake with fresh fruit toppings such as strawberries, peaches, blueberries, etc.

Beverages
Choose beverages with moderate sugar intake, such as:
- Nonfat, 1% milk (Including chocolate)
- Water
- 100% juices

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Yes, we are committed to helping our classroom stay healthy!
Parent/Guardian Signature_________________________________________ Date _________________
Student Signature________________________________________________ Date _________________

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663
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