



FOOD SUGGESTIONS FOR HEALTHIER CELEBRATIONS

The value of healthy food choices and moderation are often taught in the classroom. However, many times foods served in the classroom, in the case of a class party or rewards for behavior, are low in nutrients and high in calories. This sends students and families a mixed message – that good nutrition is just a part of their education and is not important to their health. To send the right message and to keep our children healthy, teachers, staff and parents can work together to offer healthier alternatives.

General Guidelines

1. Aim to take the FOCUS off FOOD with activities or active games.
2. Only non-food favors may be given by students or teachers.
3. Emphasize healthy ingredients: fresh fruit, fresh veggies, low-fat cheese, and low-fat yogurt.
4. Minimize salty snack-popcorn, pretzels, baked chips.
5. Keep all portions small. (A small portion would range from about the size of golf ball to the size of a baseball or a deck of cards.)
6. Limit sweet treats to one small portion per student.
7. Read labels – avoid foods where the primary ingredient is high fructose corn syrup or sugar and enriched flour.

Snack Ingredients/Ideas

- Fresh Fruit & Vegetables
- Fruit Kebabs
- Whole Grain Crackers (Wheat/Other Whole Grain)
- Veggie Sticks
- Low Fat Ranch Dip
- Whole Grain Pretzels
- Whole Grain Bread, Wraps, or Tortillas
- Whole Wheat Pizza
- Low-Fat Cheese (String, Sliced or Cubed)
- Popcorn – Air Popped
- Nuts (In Moderation – No Peanuts)
- Whole Grain Dry Cereal (Lightly Unsweetened)
- Salsa
- Guacamole
- Low-Fat Bean Dip
- Hummus
- Hard Boiled Eggs

Lesser Evil Sweet & Salty Treats

Limit: No more than 1 per student

- 100% Juice Bar
- Yogurt Splits with Bananas, Yogurt, Granola, or Fresh Fruit Toppings
- Low Fat/Low Sugar Yogurt Dip
- Low Fat Frozen Yogurt with Fruit or Granola Toppings
- Chocolate or Yogurt Dipped Strawberries
- Angel Food Cake with Fresh Fruit Toppings
- Hot Chocolate Made with 1% milk
- Fig Cookies
- Graham Crackers
- Vanilla Wafers
- Warm Apple Cider
- Granola Bars
- Baked Reduced Fat Chips

Acceptable Drinks

- Water
- Sparkling Water
- Nonfat or 1% Milk

Please consult the classroom teacher to ensure students with food allergies can enjoy all offerings.