

SNACK SMART. . .

IDEAS FOR HEALTHY BIRTHDAY AND OTHER CLASSROOM CELEBRATIONS

Healthy Celebrations. . .

****Help children learn better:*** Research shows that good nutrition is linked to better behavior and academic performance in the classroom.

****Provide consistent messages:*** Healthy classroom celebrations demonstrate a school's commitment to promoting healthy behaviors.

****Promote a healthy school environment:*** Students can receive consistent, reliable, health information and an opportunity to use it.

****Create excitement about nutrition:*** Children are excited about new and different things including healthy snacks.

HEALTHY PARTY SNACKS

Fresh fruit and cheese kabobs

Fresh fruit tray with yogurt dip

Vegetable tray with low-fat dip

Dried fruit (banana chips, apple chips, raisins, apricots, cherries, cranberries, etc.)

Cheese and crackers (Wheat Thins, Triscuits)

String cheese/ cheese cubes

Pretzels (most are nut free, but check label)

Popcorn (with natural butter flavor, not artificial)

Graham or animal crackers with jam or apple butter (check labels for nut free & natural)

Bagel chips or mini plain bagels

100% fruit snacks

Squeezable yogurt or Fruit Smoothies

Breakfast or Granola bars (Cascade Farms)

Tortilla chips and salsa

Apples with sprinkled cinnamon or applesauce

Homemade, nut-free trail mix (whole-grain cereals mixed with dried fruit, pretzels, etc.)

*****The snacks on this page should be safe for students with nut allergies, and are free of artificial colors & flavors*****

HEALTHY PARTY ENTREES

Cheese pizza

Ham or turkey and cheese wraps

Quesadillas or bean burritos with salsa

HEALTHY PARTY BEVERAGES

Water, bottled water

100% fruit juice

Fruit Smoothies

NON-FOOD TREATS

Pencils

Erasers

Pencil Toppers

Temporary tattoos

Stickers

LESS HEALTHY, BUT STILL SAFE

Fritos or Lays Chips

Whole Foods Bakery cupcakes (artificial color & flavor free; can be made dairy free; cannot guarantee nut free though)