

## PROMOTING HEALTHY SCHOOL PARTIES

Classrooms are a great place for students to learn about health, nutrition and making good choices. As role models for students, teachers and parents can work together to demonstrate positive and consistent examples of good health for students to learn from.

Promoting healthy school parties enables students to participate in celebrations without becoming too focused on receiving an abundance of unhealthy treats. Food should complement the celebration rather than to be the main focus.

Healthy celebrations demonstrate our school's commitment to promoting a healthy school environment. Below are some suggestions for classroom parties....

- Limit the number of treats offered at parties, particularly on Halloween and Valentine's Day when candy is plentiful.
- Select non-food rewards or prizes, such as pencils, party favors, and craft items.
- Consider limiting the number of parties, such as celebrating all the birthdays in the month on one day instead of on individual days. Parents could combine resources to serve healthy food.
- Consider the safety of students with food allergies by consulting the teacher in advance of bringing food. Suggested healthy food items appear below:

Fruit and cheese kabobs      Vegetable trays with low fat dip      Banana or Zucchini Bread

Applesauce muffins      Angel food cake~ plain or with fruit topping      Fresh fruit assortment

Low fat popcorn      Vanilla wafers      Pretzels      Apples with fat free caramel dip

Baked tortilla chips with salsa or bean dip      Pizza with fruit or vegetable toppings

Dried fruit (cranberries, raisins, apricots, banana chips)      Crackers & cheese

Yogurt smoothies or Yogurt parfaits (yogurt, fruit, granola layers)

