



SCHOOL PARTIES



Benefits:

Foods offered in the many different settings of the school environment can support the lessons taught in the classroom and encourage students to be healthy and fit. Schools are a natural place to help students learn lessons about good nutrition and healthy lifestyles and students can practice these lessons often, such as, during school parties.



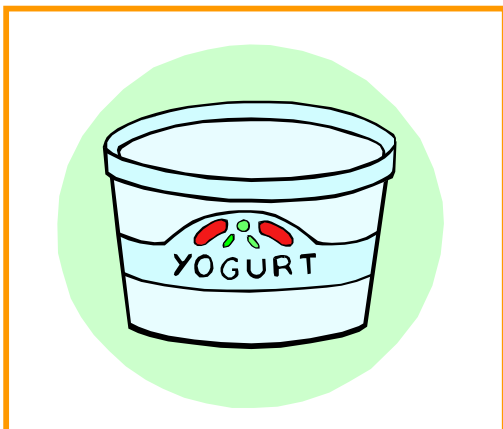
Healthy Ideas:

Choose foods that are high in nutrients and low in fat, sugar and sodium.

1. Consider combining student birthday parties into one monthly event that incorporates physical activity and healthy snacks.
2. Foods offered should add to the fun, but try to avoid making food the main focus.
3. Foods offered should support lessons taught in the classroom regarding nutrition and physical activity.
4. Remind parents to provide healthy treats for students during school parties.
5. Consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Healthy Snack Choices:

- 🍎 Fresh fruit and vegetables
- 🍎 Yogurt
- 🍎 Bagels with low-fat cream cheese
- 🍎 Baby carrots with low-fat dip
- 🍎 Trail mix
- 🍎 Animal crackers
- 🍎 Baked chips
- 🍎 Low-fat popcorn
- 🍎 Granola bars
- 🍎 Soft pretzels and mustard
- 🍎 Pizza
- 🍎 Pudding
- 🍎 String cheese
- 🍎 Cereal bars



Example Food Items:

Crispy Cheese Critters

1 pack whole wheat tortillas
2 cups grated cheese
½ cup bacon bits
Assorted Cookie Cutters

Cut out shapes in the tortillas with cookie cutters. Place shapes on cookie tray and top with cheese and bacon bits. Broil 3-5 minutes and allow to cool.

Yogurt Parfaits

½ cup Vanilla low-fat yogurt
¼ cup Chopped fruit (frozen or fresh)
¼ cup Low-fat granola

Put yogurt into single serving cup. Top with fruit and then granola.