

Healthy Classroom Celebrations

Many parents like to bring in a food to help celebrate their child's birthday. To help us have healthy classroom celebrations throughout the year that follow the district's Wellness Policy, please bring in foods and snacks that are lower in sugar, fat and calories - and high in good nutrition for students and teachers to enjoy! So instead of baked goods like frosted cupcakes, donuts, pastries, cookies and cake, please try to bring in these healthier birthday foods to share:

100% fruit Popsicles or bars
Low fat ice cream sandwiches and fudge bars
(Skinny Cow brand)
Fruit kabobs
Frozen yogurts, lowfat
Fruit and cheese kabobs
Mini-bagels and lowfat cream cheese
Crackers and cheese or hummus spread
Fruit trays (cut melons, grapes, berries -
prepackaged)
Fruit smoothies
Yogurt parfaits with fruit
Popcorn, lowfat

Veggies and lowfat dip
Angel food cake with fresh fruit
Lowfat single serve pudding
Applesauce, unsweetened
Animal crackers
100% natural fruit leathers
Apple slices with caramel dip
Baked tortilla chips and mild salsa
Fruit cups - individual pack, light syrup
Trail mix - make your own or prepackaged
Chex snack mixes
Graham crackers, Teddy bears
Tube yogurts

Also, instead of bringing in food for a birthday, you can choose non-food favors to help your child celebrate - these make lasting gifts and are popular with classmates! There are plenty of fun and inexpensive favors to choose at your local party store (just be sure they are age appropriate and safe for school):

Stickers
Washable tatoos
Erasers
Pencils
Pens
Superballs
Hair accessories

Mini-frisbees
Matchbox cars
Yo-yos
Kazoos
Bookmarks
Coloring pencils

Another alternative to food and favors is for your child to give a gift to the classroom in his/her name! Teachers appreciate donations of:

A classroom book (one of your child's
favorites)
Jump ropes
Hula hoop
Basketball

Football
Nerf ball
Ankle swing balls
Soft frisbees
Educational board games