



Ideas for Healthy School Parties and Celebrations

Healthy Snacks

- 100% Fruit/Vegetable Juice
- Fruit Smoothies
- Water/Flavored Water (calorie-free)
- Low-fat or fat-free Milk
- Fresh fruit assortment
- Fruit and cheese kabobs
- Fruit w/ whipped topping
- Dark chocolate dipped strawberries
- 100% fruit snacks
- 100% fruit juice popsicles
- Dried/frozen fruit
- Vegetable trays
- Fruit salad
- Cheese-cubes, string cheese
- Whole grain pretzels
- Low-fat popcorn
- Graham or animal crackers
- Whole grain chips w/ salsa or guacamole
- Angel food cake – plain or topped with fruit
- Low-fat pudding, yogurt, or parfaits
- Trail/Cereal Mixes or Bars



Healthy Celebrations

- Provide an extra recess
- Celebrate all monthly birthdays with an open gym celebration
- Go for a class walk or hike around the school campus
- Turn on some music and dance
- Play a class game of kickball
- Have extra art or music time
- Take the class to the library
- Plan a thematic craft for the party. For example, painting pumpkins for Halloween, or Valentine mailboxes for holding cards children will receive.
- Party games are always a hit. Have a scavenger hunt where children look for school supply items in their classroom or on the playground.
- Take a field trip to the local zoo, skating rink, or museum
- Play an exercise or yoga DVD for kids



Reference:

<http://www.actionforhealthykids.org/component/content/article/39-step-3-challenges/636-healthy-active-classroom-parties>