

GIPS Healthy Celebrations and Snacks

Our goal is not to cut out all treats, but to make sure they are eaten in moderation and do not become the focus of parties or celebrations. The focus should be on fun, not food. The list below provides healthy suggestions for celebrations.

Please do not bring homemade cookies, cupcakes or anything not commercially purchased for a classroom snack. We have children in the school who are allergic to different foods and we want to keep all of our kids safe! Sorry, you will be asked to take homemade items or items that do not meet Smart Snack guidelines back home.

Our schools' goal is to provide students with healthy meals and snack alternatives. Go to <https://foodplanner.healthiergeneration.org/> to check if your snack item qualifies as a Smart Snack.

It is best to bring individually packaged items. Teachers do not have time to pass out snacks that must be portioned.

Healthier Options

- 100% juice instead of punch
- 100% fruit juice freezer pops
- Trail mix, No Chocolate
- Apples, Cuties, Oranges, Bananas
- Fruit or vegetables (Commercially Prepared)



- Popcorn (Low or No-Fat) individually packaged
- Low-fat yogurt products
- String cheese
- Sparkling water
- Individual Baked Chips or 100 calorie packs

We encourage parents to use the list above as a guide in providing healthy snacks. You may also choose to bring in non-food items to give to each child on your child's birthday. Here is a list of ideas:

- Glow-in-the-dark items
- Slap bracelets
- Party hats
- Silly bands
- Bubbles
- Chalk
- Stickers
- Little toys



- Stamps
- Plastic rings
- Erasers
- Holiday theme items
- Pencils
- Crayons
- Pens
- Decorative pencils



Here are a few other ways that you can celebrate your child's birthday at school:

- Donate a book to the school in honor of your child's birthday with his/her name inside.
- Have your child bring their favorite book to share and read it to the class.
- Donate a ball or jump rope to the classroom for recess.
- Choose a favorite song or musical piece to sing or play for the class.

Whether your child eats his or her snack at home or at school, or if you provide a snack for a classroom party or celebration, keep these things in mind:

- Snacks should be kid-size. Both children and adults don't need large portions.
- Snacks should be colorful. Kids eat with their eyes. Make snacks visually appealing.
- Snacks should be healthy. Offer fruits and vegetables as often as you can.
- Drinks should be served in small portions, a cup or less each. Water is the healthiest choice.

