



Suggestions for Classroom and School Celebrations

In our partnership with Nemours Health and Prevention Services and the Sussex Child Health Promotion Coalition to make Delaware's Children the healthiest in the nation, please encourage and facilitate healthier celebrations by using these recommendations. In doing so please share with the students the importance of growing up healthy. Thanks in advance for supporting the district's initiative of looking at our current district Wellness Policy for ways to review, revise, implement, and monitor policies affecting the academic performance, attendance, and discipline of our students.

The following food items are suggested for classroom and school celebrations:

- Fresh or Frozen fruits*. Examples may include:
 - ∫ Banana
 - ∫ Pear
 - ∫ Apples or unsweetened applesauce
 - ∫ Kiwi
 - ∫ Cantaloupe, honeydew, watermelon
 - ∫ Mango or papaya
 - ∫ Berries
 - ∫ Peaches
- Fresh or frozen vegetables*. Examples may include:
 - ∫ Carrot or celery sticks
 - ∫ Sweet potato chips (cut into thin slices, coat with cooking spray and bake)
 - ∫ Green bean fries (coat with cooking spray, bake until crunchy)
 - ∫ Broccoli or cauliflower with low-fat dip
- Whole grain crackers (low sodium only)
- Graham crackers
- Cheese cubes or string cheese
- Low fat yogurt cups
- Water, 1% or skim milk, or 100% fruit juice.
- Alternative Ideas for Celebrations/ Incentives
 - ∫ Pencils
 - ∫ Erasers

- ∫ Stickers
- ∫ Small trinkets (Oriental Trading Co./ Dollar Tree)
- ∫ Rubber Bracelets
- ∫ Music and movement activities
- ∫ Lunch with the teacher
- ∫ School spirit item

Tips for staff:

- For general classrooms celebrations, work with the children to create a sign-up sheet that includes only approved and healthy foods. Parents can sign up for one if they like.
- Distribute your classroom and school and celebration guidelines prior to each event as a gentle reminder. Encourage children and families to share healthy foods from their family culture and traditions.
- Discuss traditional holidays in ways that includes more than food.
- Celebrate in new ways, such as with dancing and music, planting flowers, an art project or a “read-in.”

Tips for parents:

- Please check your classroom teacher prior to bringing items to school.
- Make sure there are enough celebration items for each child in the class.