



HEALTHY CLASSROOM PARTIES

Promote a Healthy School Environment

Holiday celebrations at school provide a unique opportunity to help make healthy eating fun and exciting for children. The Jamison school community can take advantage of classroom celebrations to serve food that taste good, are nutritious, and provide students with an opportunity for nutrition education experiences. Choose a variety of activities, games and crafts that children enjoy.

Benefits of Healthy Celebrations

- Healthy kids learn better.
- Provides consistent messages.
- Promotes a healthy school environment.
- Creates excitement about nutrition.
- Protects children with food allergies.

How –To's for Happy, Healthy Parties

- Variety is the spice of life. Plan several contrasting activities-active and quiet, indoor and outdoor, individual and group.
- Try a new craft or game. Children like adventure.
- Plan creative experiences such as art, music and dancing.
- Refreshments should complement the fun not become the main event.
- Do not use foods as a reward or prize.

It is suggested that classroom parties will offer minimal amount of foods (maximum 1-2 items) that contain added sugar as the first ingredient like a brownie, rice krispie treat or cupcake and will provide the following: Fresh fruits and vegetables, water, 100% fruit juice or low fat milk.

Healthy Food Ideas

- Animal crackers
- Baked chips and salsa
- Angel food cupcakes topped with fruit
- Fruit kabob making station
- Vegetable trays
- Pretzels
- Popcorn
- Pudding made with low fat milk
- Smoothies made with fruit and low fat milk