

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! Instead of overly-sweet baked goods like frosted cupcakes, donuts, pastries, cookies, and cake, please try to bring in these healthier foods to share and celebrate:

- 100% fruit Popsicles or bars
- Low fat ice cream sandwiches and fudge bars (Skinny Cow brand)
- Fruit kabobs
- Frozen yogurts, low fat
- Fruit and cheese kabobs
- Mini-bagels and low fat cream cheese
- Crackers and cheese or hummus spread
- Fruit trays (cut melons, grapes, berries - prepackaged)
- Fruit smoothies
- Yogurt parfaits with fruit
- Popcorn, low fat
- Veggies and low fat dip
- Angel food cake with fresh fruit
- Low fat 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 (keeping in mind any nut allergies in the class)
- Graham crackers, Teddy Grahams
- Tube yogurts

In addition, 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 tattoos
- Erasers
- Pencils
- Pens
- Superballs
- Hair accessories
- Mini-Frisbees
- Matchbox cars
- Yo-yos
- Kazoos
- Bookmarks
- Coloring pencils or crayons
- Puzzle books (mazes, word searches, word scrambles)

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
- Puzzle

