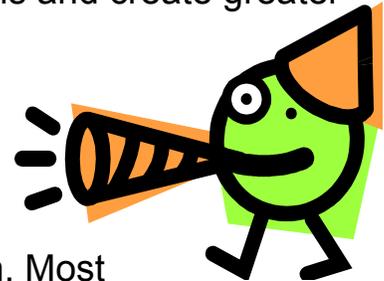


Healthy Celebrations

Birthday parties and holiday celebrations at school provide opportunities to make healthful eating fun and exciting for children. Schools can take advantage of classroom celebrations to develop student's social skills and create greater nutrition awareness.

.....
“But It’s Just a Cupcake...”

There is nothing wrong with a treat, but unhealthy choices have become the norm rather than the exception. Most children do not eat enough fruits, vegetables, or whole grains. By providing children with nutritious choices, schools can positively influence children's eating habits. Refreshments can be part of the fun, but should not become the focus of the celebration.



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Benefits of Healthy Celebrations

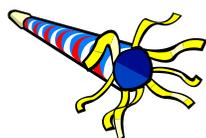
Creates Excitement About Nutrition: Children will learn to associate fun times with good health.

Healthy Keiki Learn Better: Research shows that student health is linked to better behavior, ability to focus, and academic performance.

Provides Consistent Messages: Healthy celebrations reinforce the lessons students are learning in class and align with the DOE Wellness Guidelines .

Students Demonstrate Important Skills: In order to positively change eating behaviors, students need to be able to practice healthy choices.

Promotes a Healthy Environment: Healthy celebrations provide a model for other extra-curricular activities.

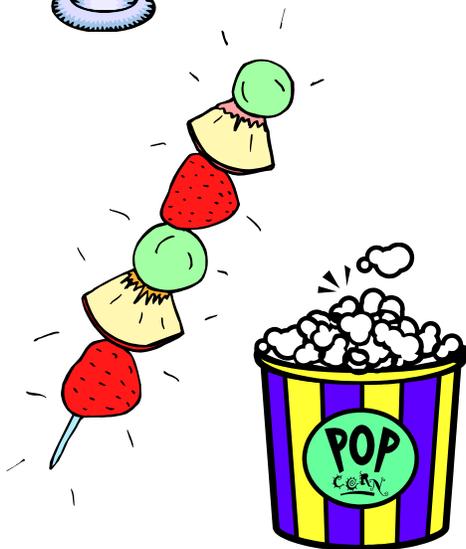


Ideas for Healthy School Parties

- Plan creative experiences such as art, music, and games.
- Create a balance of activities; indoor and outdoor, active and quiet, individual and group.
- Involve keiki in planning and preparing — let them make decorations and favors.
- Have a scavenger hunt
- Read aloud a book related to the party theme.
- Make a sign, sash, crown, or badge for the birthday child.
- Ask the principal or student's family member to read aloud to the class.
- Provide "free choice" activity time in class or give extra recess.
- Make a book that includes drawings, stories or poems from classmates to describe what is special about the birthday child.



Fun and Healthy Foods!



- Trail mix (with dried fruit, nuts, cereal, and seeds)
- Fruit kabobs
- Yogurt (low or non-fat) sundaes with fruit, nut and cereal toppings
- Pudding (low or non-fat)
- Low-fat popcorn
- Veggies with low-fat dip or peanut butter
- English muffin pizzas
- Quesadillas with fresh salsa
- Roll your own sushi with veggies and 50/50 (brown/white) rice
- Use cookie cutters to cut sandwiches, fruit, or veggies