

Birthday Parties

Keep in mind that each student's birthday can mean multiple celebrations: one at home with family, a party with friends, and then another at school. Food need not to be a part of school parties. Instead, find ways to recognize the child, celebrate them, and make them feel special.

Ways to celebrate a birthday & recognize a child on their special day

- Make a sign, sash, crown, button, or badge for the birthday child
- Let the birthday child be the teacher's assistant for the day; they can do special tasks like make deliveries to the office or be the line leader
- Let the birthday child choose an activity or game
- Allow the student to pick a book and ask the principal or a parent to come and read it
- Play an indoor game of the student's choice



Healthy Holiday Ideas



Healthy Party Snacks

Serve snacks with fun plates, napkins, cups or straws or have a tasting party where children can vote for their favorite healthy snack.

Use cookie cutters to make sandwiches or fruit more interesting!

- Fruit smoothies
- Trail mix (pretzels, dried fruit, whole grain low-sugar cereals, sunflower or sesame seeds, etc.) Parents can bring in ingredients and kids could make their own
- Fruit Kabobs
- Yogurt Parfaits
- Angel food cake with fresh fruit
- Raw veggies with dip or hummus
- Berries with cool whip
- Bananas or strawberries with chocolate syrup as a dip
- Graham crackers with jam or apple butter
- Fresh apple slices with caramel
- Raisins or dried fruits such as bananas, apples, peaches, apricots, plums, etc.
- Whole grain tortilla chips and salsa
- Whole grain crackers like Triscuits with reduced fat cheese

Halloween

- Apple cider
- Apples with caramel
- Pumpkin dip with graham crackers
- Oranges fruits and veggies
- Costume contest
- Decorate pillowcases or bags to trick or treat

Thanksgiving

- Turkey roll ups, whole grain goldfish, rice Krispie treats made with whole grain
- Do a service project as a class
- Draw a picture of what they are thankful for

Christmas

- Make holiday cards for the nursing home
- Go caroling to other classes or nursing home
- Decorate the classroom with a winter theme
- Fruit kabobs and alternate red and green grapes or red and green apples
- Welch's fruit snacks, yogurt, popcorn, minute maid 100 percent juice bars, Chex mix, whole grain goldfish

Valentine's Day

- Have students write something positive about each classmate and pass them out
 - Strawberries, cherries, red grapes, red apples
 - Pink very berries smoothie
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