



We all love celebrating birthdays and holidays! We also love keeping children healthy through good nutrition and physical activity. Shifting the focus from food to the child is important in making their day special. To help us achieve *Healthier Celebrations* we ask you to choose a healthier ‘treat’!

## Healthier Celebrations!

### Non-Food Treats

Inexpensive non-food treats that reflect a child’s personality and interests can make special days even better!

- Small boxes of crayons or special pencils
- Stickers or temporary tattoos
- Construction paper or coloring books
- Party hats or paper masks

### A Special Visit:

A classroom visit from a parent, grandparent or other special adult in a child’s life is a wonderful way to celebrate an important day. The teacher can help you plan your visit.

- Help with a special art project
- Read your special child’s favorite book to the class
- Play a game of tag or “Simon Says” on the playground
- Lead a special song at drop off or pick up.

### Healthier Celebration Foods

If you choose to bring food, here are some special food ideas that will make a child’s day special and help keep everyone in our classroom growing well. We encourage you to visit the classroom and help our children prepare these healthy snack ideas!

**Please remember:** All food brought from homes should consist of commercially prepared items where **allergy and nutritional information** is made available.

- Apple slices with vanilla yogurt for dipping
- Ants on a log (celery sticks spread with cream cheese and topped with raisins)
- Yogurt sundaes (layer vanilla yogurt, frozen berries, and top with cereal or granola)
- Fruit kebabs (fruit chunks on popsicle sticks)
- Bran muffins
- Baked soft pretzels with tomato sauce for dipping
- Bagels with fruity cream cheese
- Veggie pizza (spread a pre-baked pizza crust with cream cheese and top with veggies like finely chopped broccoli, shredded carrots, and chopped cucumbers)
- Whole wheat tortilla chips with salsa and shredded cheese
- Vanilla pudding with banana slices and vanilla wafers

**Note:** Chunks of cheese and meat, pretzels, nuts, grapes, raw vegetables and fruits are choking hazards for children under the age of 4.