

# Healthy Celebrations

Together we can teach children to enjoy healthy foods and activities at celebrations.

## HEALTHY PARTY FOODS:

- Apple slices with peanut butter or yogurt
- Veggies and dip
- Fruit with yogurt dip
- Cheese Cubes
- Mini Rice cakes
- Whole grain granola bars
- Graham crackers or animal crackers
- Fat-free or low-fat milk
- Baked whole grain tortilla chips and salsa
- Water with sliced citrus fruits, berries or cucumbers



## PLAN NON-FOOD ACTIVITIES:

- **Bring a CD** the children can dance to.
- **Volunteer to read a book** about the special event.
- **Send favors**, such as pencils, bookmarks or stickers.
- **Decorate special water cups.**
- **Lead a game** that gets kids up and moving like Simon Says, freeze dance, or charades.