

Healthy Celebrations

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

HEALTHY PARTY FOODS:

- Apple slices with peanut butter
- Veggies and dip
- Fruit with yogurt dip
- Cheese Cubes
- Mini Rice cakes
- Whole grain granola bars
- Graham crackers or animal crackers
- Low-fat or fat-free milk
- 100% Juice
- Baked whole grain tortilla chips and salsa



PLAN NON-FOOD ACTIVITIES:

- **Bring a CD** the children can dance to.
- **Volunteer to read a book** about the special event.
- **Send goodies**, such as pencils, bookmarks or stickers.
- **Bring materials for a craft.**
- **Lead a game** that gets kids up and moving. Tag, hide and go seek or an obstacle course.