

HAPPY AND HEALTHY BIRTHDAY TO YOU

“But it’s just one cupcake”...typical birthday celebration foods include cupcakes, cookies, cake, ice cream, and other sweet treats. So what’s the harm? There is nothing wrong with an occasional treat, however treats have become more the norm than the exception. To help promote a healthy school environment, demonstrate the school’s commitment to healthy lifestyles, and provide “teachable moments” to our students about healthy choices, nutrition, and new and interesting foods, here are a few suggestions for your next classroom birthday celebration!

Healthy Food Ideas

- ✓ Fruit smoothies
- ✓ Fruit and cheese kabobs
- ✓ Fruit salad with low-fat whipped topping
- ✓ Vegetable trays with low-fat dip
- ✓ Celery with cream cheese and raisins
- ✓ Whole grain crackers and cheese cubes or string cheese
- ✓ Whole wheat pita bread and hummus
- ✓ Popcorn
- ✓ Rice cakes
- ✓ Hot pretzels
- ✓ Yogurt parfaits
- ✓ Squeezable yogurts
- ✓ Low-fat breakfast or granola bars
- ✓ Low-fat tortilla chips with salsa or bean dip or avocado
- ✓ Low-fat muffins

Party Favor Ideas Instead of Food

(Be sure items are age-appropriate)

- ✓ Coloring books
- ✓ Stickers
- ✓ Jump ropes
- ✓ Yo-yo’s
- ✓ Colored pencils or crayons
- ✓ Stationary
- ✓ Gel pens
- ✓ Books
- ✓ Kazoos or whistles
- ✓ Play tattoos
- ✓ Balls
- ✓ Playing cards
- ✓ Small stuffed animals
- ✓ Mini frisbees

Birthday Book Bash

Wrap your child’s favorite book and bring it to the classroom or childcare on your child’s birthday. The teacher can unwrap it and read it to the group.

Come up with your own creations!