



Healthy Guidelines for Celebrations

To encourage lifelong healthy habits and make a positive contribution to children's diets and overall health I will offer healthy foods with an emphasis on fruits and vegetables, whole grains, and other foods that are low in fat, sugar, salt and caffeine during celebrations and holiday parties. Therefore, I ask parents to provide only healthy foods, such as:

- Fresh fruit
- Applesauce
- Baked corn, whole wheat or whole grain chips
- Baked potato chips
- Goldfish, Cheez-its and other baked crackers
- Low-fat/air-popped popcorn
- Soy Crisps
- Rice cakes
- Pita bread
- Mini-bagel or ½ bagel with low-fat cream cheese
- Ginger snaps
- Whole grain, low-sugar cereal
- Low-fat fig bars
- Hummus
- Salsa
- Guacamole
- Muffins/baked breads low in fat and sugar with added fruit and whole grains (banana bread, blueberry muffins, etc.)
- Dried fruit (such as raisins, apricots, etc.)
- Fruit cups in natural juices (no added syrup or sugar)
- Fresh vegetables
- Bread sticks
- Baked pita chips, pita bites
- Pretzels
- Sun Chips
- Graham crackers/teddy grahams/goldfish grahams
- English muffin
- Low-fat granola bars
- Animal crackers
- Yogurt (fat free or low fat)
- Fat- free or low-fat pudding
- Low-fat cottage cheese
- Milk (low-fat or fat-free)
- String cheese/low-fat cheese cubes/slices
- Water

I encourage using alternatives to food for celebrations and rewards, like favorite stories, music, games, or activities:

- Art parties
- Brainteaser games
- Physical activity breaks
- Games or puzzles
- Group activities
- V.I.P. buttons or badges
- Field trips
- Building obstacle courses
- Singing songs
- Gift certificates
- T-shirts, hats, or sunglasses
- Special guests
- Kite flying
- Dance parties
- Certificates, trophies, ribbons, or plaques
- Olympic-themed or sports games

Candy of any kind is not permitted.