

CELEBRATIONS THAT SUPPORT CHILD HEALTH

Schools and afterschool programs need to provide consistent messaging around healthy eating to avoid sending youth conflicting messages. While celebrations can include healthy foods, they can also provide opportunities for kids to play and enjoy music, dance, games, sports and other activities.

FOLLOW THESE STEPS TO CELEBRATE IN A HEALTHY WAY AT YOUR SCHOOL OR SITE:

1. Write or update your district or site wellness policy to include language about healthy celebrations
2. Survey staff, students and families to identify successful healthy celebration options and share the results with the school community
3. Promote the new policy through the school's website, social media accounts, newsletters and/or bulletin boards
4. Send letters to parents explaining the policy change and why it is important. Include a suggested healthy snack list for food parents send to school
5. Share what's working at staff meetings to encourage your peers

There are many examples of celebrations that meet both kids' and the Alliance's approval. On the next page you'll find a few of our favorites.

To learn more and join the movement, visit HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

NON-FOOD CELEBRATION IDEAS

CHOOSE A PRIZE

Pencils or erasers

Stickers

Books

Enter a drawing or raffle for a bigger prize

Earn tokens or points toward a prize

GET MOVING

Lead a special physical activity break

Host a special event such as a dance or kite-flying party

Provide extra recess or PE time

Turn on the music and let students dance for a few minutes

Have a themed parade around your school

SHAKE UP YOUR ROUTINE

Let student choose a special activity or be a teacher's helper

Allow student to select a special book or invite a guest to read aloud

Go on a scavenger hunt

Host a special dress day where students can wear hats or pajamas

SHOW RECOGNITION

Give a certificate or ribbon

Post a sign in the classroom or on a prominent bulletin board

Give a shout-out in the morning announcements

For birthdays, allow child to wear a crown or special sash

HEALTHY SNACK & BEVERAGES IDEAS*

*Use the Alliance's Smart Snacks Product Calculator to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item.

BEVERAGES

Water

100% fruit juice with no added sugar

Fat-free or low fat milk

Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)

100% fruit juice slushes with no added sugar

Silly Water—add fruit and herbs to plain water for fruit-infused blend

FRUITS & VEGGIES

Fresh fruit—trays, salads or kabobs

Fresh vegetables— trays, salads or kabobs

Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)

Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)

Frosty fruits—freeze your own fruit (frozen grapes make a great summer treat!)

Dried fruit with no added sugar

WHOLE GRAINS

Whole grain crackers, pretzels or cereal bars

Small whole grain bagels or waffles or pancakes topped with fruit or nut or seed butter

Low-fat or air-popped popcorn (no added butter or salt)

Graham crackers

Baked whole grain tortilla chips with salsa or bean dip

PROTEINS

Fat-free or low fat yogurt (serve alone or as dip for fruits or veggies)

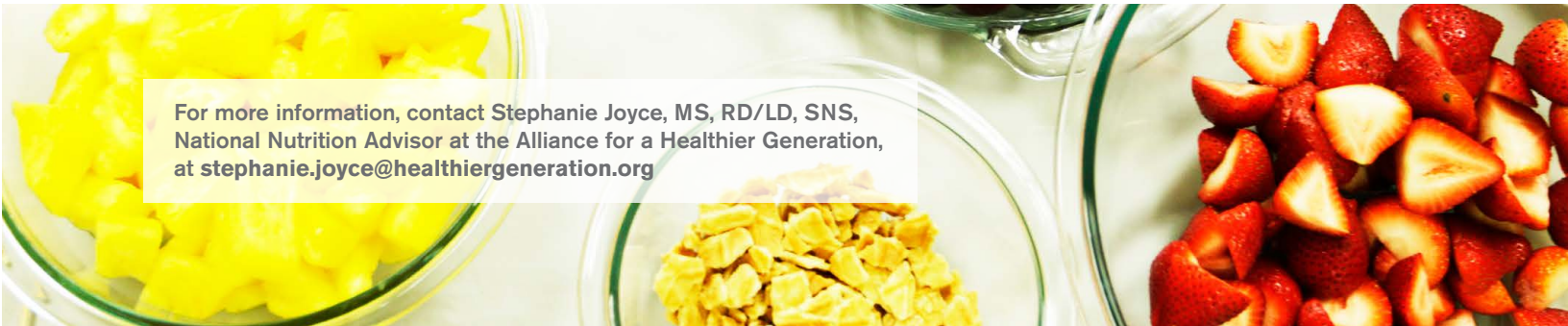
Nut or seed butter (serve with fruit or whole grain crackers)

Nuts or seeds

Trail mix made of nuts or seeds and dried fruit with no added sugar

Low-fat cheese (serve with fruit or whole grain crackers)

Hummus (serve with vegetables or whole grain crackers)



For more information, contact Stephanie Joyce, MS, RD/LD, SNS, National Nutrition Advisor at the Alliance for a Healthier Generation, at **stephanie.joyce@healthiergeneration.org**