



Classroom Parties & School Celebrations

A Healthful Guide

Classroom parties and school celebrations can be a great way for students to feel part of the school community. The Beaverton School District supports opportunities for recognition and parent involvement. Traditionally, food has been an important part of celebrating, including cupcakes, cookies, candy and high-sugar beverages. The BSD Local Wellness Policy adheres to the Oregon Smart Snack Standards*, which were set by the state as the nutritional guidelines for foods offered on the school campuses, and their use is encouraged at all parties and celebrations.

When planning classroom parties and school celebrations, using non-food celebration ideas and/or healthy snacks is a great alternative in place of traditional party foods.



Non Food Options

- Add an extra recess.
- Turn on some music and dance.
- Have extra art or music time.
- Plan a thematic craft for the party (painting pumpkins for harvest party, valentine boxes)
- Play party games or board games.
- Hold a scavenger hunt.
- Provide a free choice activity.
- Watch a fun movie.
- Celebrate with an open gym time.
- Wear a special crown, sash, button or badge all day.
- Read a favorite book to the class.
- Play music during writing or study time.
- Choose a game or activity for the last few minutes of school.

Healthy Snack Options

- Fresh Fruits - Apples, apricots, berries, grapes, kiwis, mangoes, melons, nectarines, oranges, peaches, pears, pineapples, plums.
- Dried Fruits and 100% fruit leathers.
- Unsweetened applesauce.
- 100% Fruit popsicles.
- Popcorn - Air popped or low-fat microwave.
- Whole grain pretzels.
- Yogurt covered raisins.
- Crackers - Graham crackers, Triscuits, Wheat Thins, Ritz crackers, Saltines, Oyster crackers, Air Crisps, Goldfish crackers.
- Pirate Booty or Baked Tortilla Chips.
- Low-fat granola bars.
- Raw vegetables (add a low-fat dip, salsa, or hummus).
- Protein - string cheese, low-fat yogurt, individual cups, drinkable yogurt or smoothies, cottage cheese.

* For more information visit: <https://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/General-Program-Compliance.aspx#SS>