NON-FOOD CELEBRATION IDEAS

PRIZES

- Pencils or erasers
- Stickers
- Books
- Tickets or tokens toward for a arger prize
- Rulers
- Slap bracelets
- Playdough
- Frisbees
- Coloring books

PHYSICAL ACTIVITY

- 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

SPECIAL EVENTS

- Let students choose a special activity or be a teacher's helper
- Allow students 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

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
- Allow child to wear a crown or special sash
- Recognize the student during an assembly

HEALTHY SNACK & BEVERAGES IDEAS*

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
- Fruit-infused water

FRUITS & VEGGIES

- Fruit trays, salads or kabobs
- Vegetable trays, salads or kabobs
- Canned fruit or fruit cups in water or 100% fruit juice
- Frozen fruit or fruit cups in water or 100% fruit juice
- Dried fruit with no added sugar

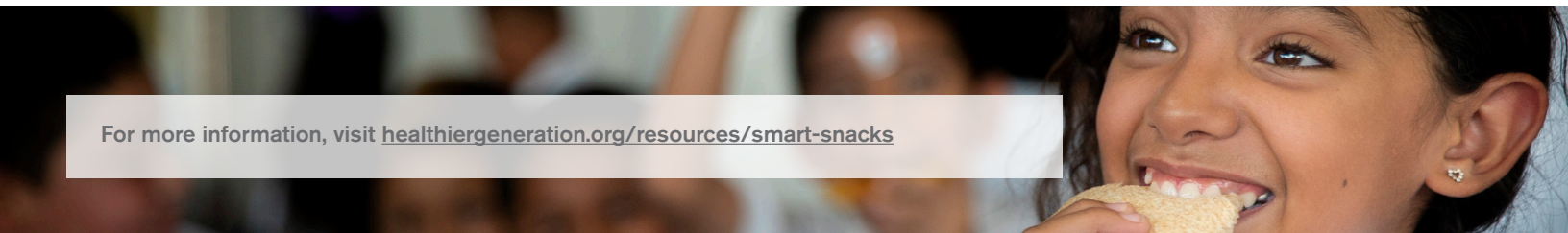
WHOLE GRAINS

- Whole grain crackers, pretzels or cereal bars
- Small whole grain bagels, waffles or pancakes topped with fruit or seed butter
- Low-fat or air-popped popcorn with no added butter or salt
- Graham crackers
- Baked whole grain tortilla chips with salsa or bean dip

PROTEINS

- Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip
- Seed butter served with fruit or whole grain crackers
- Trail mix made with dried fruit and whole grain cereal
- Low-fat cheese served with fruit or whole grain crackers
- Hummus served with vegetables or whole grain crackers

* Work with your district's nutrition services staff to purchase Smart Snack compliant foods and beverages for celebrations. Use **Healthier Generation'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. Many schools are nut-free. Please check with your school.



For more information, visit healthiergeneration.org/resources/smart-snacks