



Classroom parties can be a perfect opportunity to support healthy eating habits. Consider the following when planning for your next classroom party.

SNACKS

Washed and whole or commercially sliced fruit (i.e. mandarins., orange wedges, apples slices, fruit salad)

Washed and whole or sliced vegetables (i.e. baby carrots and low fat ranch dip, jicama and cucumber sticks with lime and Tajin or hummus)

Yogurt parfait bowls (low fat yogurt, fresh fruit, cereal)

Fruit smoothies

Pretzels and light strawberry flavored cream cheese dip

100% fruit popsicles

100% fruit snacks or **leathers**

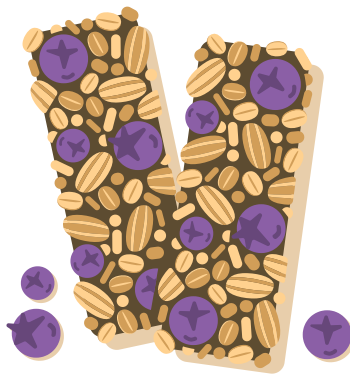
Granola bars

Trail mix

Tortilla chips with salsa or bean dip, baked chips

Baked or reduced fat chips or pretzels

String cheese and whole grain crackers



BEVERAGES

Water or infused water

100% fruit juice

100% vegetable juice

Nonfat milk, 1% or chocolate milk



Shelf-stable/UHT milk

FUN ITEMS & ACTIVITIES

Host a dance party!

Read your child's favorite book

Bring non-food treats: pencils and pens, stickers, bracelets, stamps, books

Lead a garden lesson or physical activity outside

Watch an educational video (i.e. cooking demo or farm to school video)

Invite a guest speaker to the classroom

