

Healthy Classroom Celebrations



Most children expect to see candy and cake at classroom birthday celebrations or events, however too many empty calories cause obesity and other health problems. Since our District Wellness Policy teaches our students the importance of a healthy lifestyle, we want to send a consistent message that good nutrition goes hand and hand with academic success. To support this message, please promote non-food birthday celebrations and healthy snacks for classroom celebrations; thus shifting the focus from the food to the student or event.

Healthy Birthday Ideas

- Parents can wrap their child's favorite book in birthday wrapping paper. The child can unwrap the book and the teacher can read it to the class.
- Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.

Birthday Child can...

- Bring their favorite toy to share with the class.
 - Wear a sash and crown and sit in a special chair for the day.
 - Lead their favorite physical activity outdoors.
 - Be the teacher's special assistant for the day.
- Come to class dressed up in their favorite costume.



Healthy Classroom Snack Ideas

- "Ants on a log" celery with raisins and peanut butter (consider nut allergies)
- Vegetables with low-fat dip
- Whole wheat pita bread or crackers with hummus or bean dip
- Cheese and salsa quesadilla
- Fruit smoothies
- Yogurt splits with bananas, yogurt, granola and fruit toppings
- Popcorn (air popped)
- Graham or goldfish crackers
- Fruit bars (no less than 50% fruit juice)
- Trail mix (consider allergies)
- Baked tortilla chips with guacamole or salsa
- Apple slices with cheese
- Fruit Kabobs



Healthy Classroom Event Ideas

- Watch an educational video as a class and serve popcorn (air popped).
- Order a Special Classroom Lunch Party meal from Food Services.
- Put on some music and have a dance contest.
- Gardening party (plant a seed, explore new plants, etc.)
- Schedule a field trip to tour the school cafeteria, local businesses, landmarks, or farms.



Healthy Beverage Ideas

Water
Nonfat or lowfat milk
100% fruit juice



For more information, please contact:
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**DELANO UNION
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