

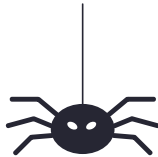
Healthy Holidays



SEPTEMBER

- Celebrate without food; shift the focus from food to fun.
- Limit each party to include no more than one junk-food item.
- Create a healthy snack list and have parents sign up to bring in an item from the list.

OCTOBER



- **HALLOWEEN**
 - Kids will get plenty of candy trick-or-treating. Try to keep the focus on fun at school.
- **FOCUS ON THE COSTUMES!** Have a parade or costume contest.
- Instead of candy, try small toys like: temporary tattoos, stickers, small plastic spiders or ghosts, spooky plastic rings or false teeth.
- Decorate pillowcases or bags for trick-or-treating.
- **HEALTHY PARTY SNACKS**
 - Apple cider
 - Apples with caramel or yogurt dip
 - Pumpkin dip & graham crackers
 - Roasted pumpkin seeds
 - Snack cups of canned peaches or mandarin oranges (canned in juice or light syrup)
 - Oranges, cantaloupe, tangerines, mangos or dried peaches
 - Carrots with low-fat ranch dip
 - Use Halloween cookie cutters to make sandwiches or fruit look frightfully delicious!

NOVEMBER



• **THANKSGIVING**

- Have students write or draw a picture about what they are thankful for & share it with the class
- Create a garland of gratitude.
 - Cut leaf shapes out of construction paper & then crinkle them up to create the lines in a leaf. Flatten them out & have children write what they are grateful for. Use a piece of string & tape the stem of the leaf over the string. Display garland in class.
- Do a service project as a class field trip

• **HEALTHY PARTY SNACKS**

- Turkey roll ups
- Spread apple butter on whole grain English muffins or graham crackers
- Serve warm apple cider
- Pumpkin dip

DECEMBER/ JANUARY



• **WINTER HOLIDAYS**

- Have students make holiday cards for nursing home residents or decorate pillow cases to give to a homeless shelter
- Go caroling & sing to other classes
- Decorate the classroom with a winter theme (snowflakes, snowmen or snow angels)
- Make snow globes out of baby food jars & white glitter or plastic snow flakes. Fill with water until a 1/2 inch is left at the top. (use hot glue gun to seal the lid).

• **HEALTHY PARTY SNACKS**

- Hollow out red & green peppers & fill them with a dip like low-fat ranch dip
- Make fruit kabobs & alternate red & green grapes or red/green apples
- Serve green beans, broccoli, & tomatoes with low-fat dip

Healthy Holidays



FEBRUARY

- **VALENTINE'S DAY**
 - Have students write down one positive comment about each classmate
 - Create a Valentine's Day card holder.
- **HEALTHY PARTY SNACKS**
 - Have cherry tomatoes & red peppers served with ranch dip
 - Serve strawberries, raspberries, dried cranberries, red grapes, pomegranate, or apple slices
 - Vert-Berry pink smoothies

MARCH



- **ST. PATRICK'S DAY**
 - Teach an Irish step dance
 - Decorate the room with shamrocks made from construction paper
 - Plan a St. Paddy's day scavenger hunt that leads to a pot of gold filled with treasures, such as markers, pens, pencils, erasers, etc.
 - Read about Irish history or a story about St. Patrick
- **HEALTHY PARTY SNACKS**
 - Make it a "Green" Day
 - Serve kiwi
 - Have cucumbers, celery sticks, broccoli, sugar snap peas, green beans, or green peppers with low-fat dip
 - Serve whole grain tortilla chips with guacamole
 - Try edamame

APRIL



- **SPRING PARTY**
 - Plan a nature walk to see plants re-awakening in the spring weather
 - Decorate plastic eggs with paints, glitter and stickers and put physical activity messages on the inside (hop on one leg 5 times or do 6 jumping jacks). Have an egg hunt & kids can act on the messages.
 - Decorate flower pots for parents & plant a flower or seed.
 - Have parents donate plants that children can plant in the school yard or at a housing project, senior center or other community site.
- **HEALTHY PARTY SNACKS**
 - Carrot muffins
 - Carrots with hummus or a low-fat ranch dressing
 - Berries with Cool Whip
 - Fruit Smoothies

MAY



- Fresh produce is easier to come by close to summer. Talk about fruits from around the world and discuss where they originated.
- Visit a local farm, garden or orchard to learn about fruits & vegetables that grow in your area.
- Have children make a collage or write a story about what they plan to do over the summer.
- Have students write stories or put together items that remind them of the past school year & take them home.
- Plan an outdoor game/ activity to enjoy the warmer weather.

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RECIPES

PUMPKIN DIP

- **Mix the following ingredients:**
 - 3T canned pumpkin
 - 1 cup low-fat vanilla yogurt
 - 1T orange juice concentrate (use 100% juice)
 - 1/2 tsp of cinnamon (optional)
 - 1T maple syrup (optional)
- **Dip in with graham crackers**

TASTY TRAIL MIX

- **Mix the following ingredients:**
 - 1 cup dried fruit
 - 1/2 cup raisins
 - 1 cup Wheat Chex cereal
 - 1 cup Cheerios
 - 2 cup of pretzel sticks
- **Serve in individual containers or let children scoop their own from a bowl**

BASIC SMOOTHIE

- **Ingredients:**
 - 1/2 to 1 cup fresh or frozen fruit
 - 1 cup plain non-fat yogurt
 - 1/2 cup fruit juice
 - 4 ice cubes or use frozen fruit and skip the ice
- **Combine all ingredients in a blender and process on high until ice is crushed and the mixture is smooth and creamy**

FRUIT DIP

- **Ingredients:**
 - 1/2 cup vanilla low-fat yogurt
 - 1 tsp honey
 - 1/4 tsp cinnamon
 - 1/4 tsp nutmeg
- **Mix ingredients together until blended. Serve with your favorite fruits**

