



# CELEBRATIONS THAT SUPPORT CHILD HEALTH

Schools and afterschool programs need to provide consistent messaging around healthy eating to avoid sending youth conflicting messages. While celebrations can include healthy foods, they can also provide opportunities for kids to play and enjoy music, dance, games, sports and other activities.

## **FOLLOW THESE STEPS TO CELEBRATE IN A HEALTHY WAY AT YOUR SCHOOL OR SITE:**

- 1** Write or update your district or site wellness policy to include language about healthy celebrations
- 2** Survey staff, students and families to identify successful healthy celebration options and share the results with the school community
- 3** Promote the new policy through the school's website, social media accounts, newsletters and/or bulletin boards
- 4** Send letters to parents explaining the policy change and why it is important. Include a suggested healthy snack list for food parents send to school
- 5** Share what's working at staff meetings to encourage your peers

There are many examples of celebrations that meet both kids' and the Alliance's approval. On the next page you'll find a few of our favorites.

To learn more and join the movement, visit [HealthierGeneration.org](http://HealthierGeneration.org)



## NON-FOOD CELEBRATION IDEAS



### **CHOOSE A PRIZE**

- Pencils or erasers
- Stickers
- Books
- Enter a drawing or raffle for a bigger prize
- Earn tokens or points toward a prize



### **GET MOVING**

- 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



### **SHAKE UP YOUR ROUTINE**

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



### **SHOW 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
- For birthdays, allow child to wear a crown or special sash

## 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
- Silly Water—add fruit and herbs to plain water for fruit-infused blend



### **FRUITS & VEGGIES**

- Fresh fruit—trays, salads or kabobs
- Fresh vegetables—trays, salads or kabobs
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits—freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar



### **WHOLE GRAINS**

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

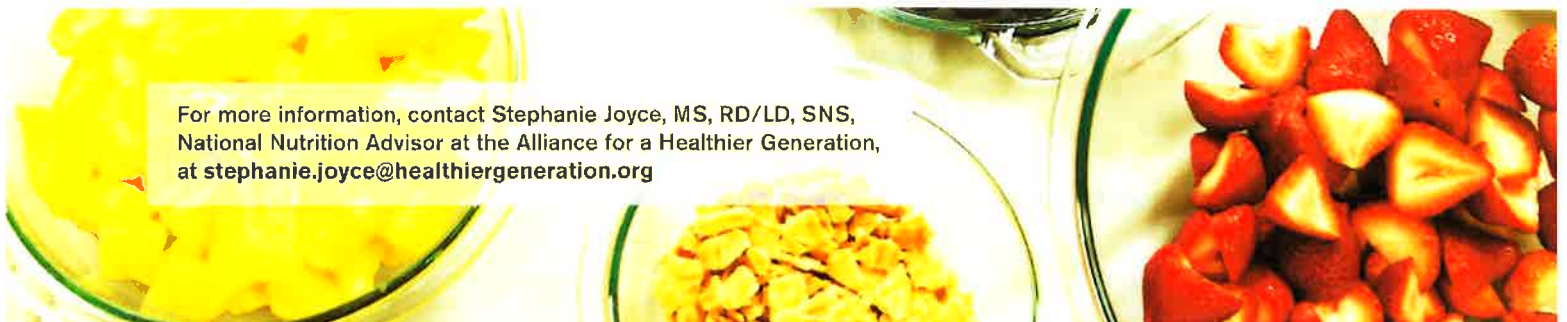


### **PROTEINS**

- Fat-free or low fat yogurt (serve alone or as dip for fruits or veggies)
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)

\*Use the [Alliance'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.

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## Sample Student Survey: Healthy Celebrations

[Intended for grades 4 and up]

1. What grade are you in? \_\_\_\_\_ grade
2. Our school wants to celebrate with students in a healthy way at special times of the year such as holidays or birthdays. What are some healthy celebrations you think students would like?
3. Here are a few ideas we came up with, but we want to know what students want! Please circle the top 5 celebrations you and your friends would like:

Watch a Movie

Free Time

Extra Recess

Open Gym

Yoga

Dance Party

Homework Pass

Zumba

Fruit & Veggie Tasting Party

DIY Smoothie Party

Dress Down Day

Eat Lunch in Classroom

Game Time

Teacher's Helper

Make Your Own Fruit Kabobs

