

## Ideas for Creating Fun and Nutritious Celebrations

As you know the Columbia School District has adopted the School Food Guidelines effective this year. If you have not had a chance to view them, a copy of these guidelines are available on the district website . The Coordinated School Health team would like to remind and encourage parents to consider the guidelines when preparing birthday or holiday treats for our classrooms. We hope to promote healthy options for treats that the children can still enjoy while celebrating these special occasions.

A mission of the Coordinated School Health Team is to teach our students the tools to make lifelong healthy choices. Teaching children about nutrition and exercise is an important step to overall wellness. Here are some ideas to celebrate birthdays and holidays while still keeping the guidelines in mind:

### **Food Ideas**

- \*Frozen yogurt sundaes with fruit or granola as toppings
- \*Homemade trail mix with all of your child's favorite snacks
- \*Individual bags of air popped popcorn for the class
- \*Fresh fruit or fresh veggies with a dip (Fresh Fruit Kabobs are fun too!)
- \*Popsicles or frozen fruit bars
- \*Gogurt or any other kind of yogurt
- \*Cheese and crackers
- \*Whole grain muffins with mini chocolate chips
- \*Blueberry or any other flavor mini muffins
- \*Pudding cups or Jello squares
- \*Small bags of Goldfish, Scooby Snacks or pretzels

### **Other Fun ways to Celebrate**

- \*Create an autograph book for your child. Have each member of the class write a birthday message for your student.
- \*Ask the teacher if you can conduct a small art project in honor of your child's birthday instead of sharing a snack.

We look forward to your participation with this school wide goal. If you have other fun ideas or recipes for healthy treats and ways to celebrate special occasions, please share them with other parents or the classroom teacher.