

CELEBRATE HEALTHILY

BUILDING HEALTHY COMMUNITIES



Eating healthy is important for all ages, even when celebrating!

Did you know that your child could easily consume a third of their daily calories in one classroom birthday celebration? Celebrations are great opportunities to promote healthy lifestyle, provide consistent messages about healthy eating, and offer extra physical activity.

HEALTHY CELEBRATION IDEAS:

Help your child choose options that are a balance of food groups, full of nutrients and limited in added sugars, saturated fat, and sodium:

- Serve up variety - Create a colorful buffet that includes a variety of foods from all food groups
- Cheers to good health - Serve water or sugar-free iced tea with fresh mint leaves, or seltzer water with a splash of 100% fruit juice or a wedge of lemon/lime.
- Suggest other gifts - A special crown or badge to wear all day or choosing a game/activity for the whole class to play
- Get moving & make the activity part of the fun - Laugh, mingle, dance, play music and play games.
- Rethink dessert - Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of nuts and dark chocolate chips.
- Offered food - Make sure fruits, veggies, whole grains, low-fat or fat-free dairy products and water are on the celebratory menu.
- Reduce food waste - Manage leftovers by packing them for guests or using them in soups, salads, sandwiches, or omelets.



Find more alternative healthy celebration ideas, in and out of the classroom, at [Actionforhealthykids.org](https://www.actionforhealthykids.org) and try this [free printable!](#)



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