



HEALTHY CELEBRATIONS

SEPTEMBER

Set the right tone for this year's parties.

Keep in mind these healthy party tips:

- Celebrate without food: shift the focus from food to fun.
- Include no more than one junk-food item at a party.
- 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.
- Replace candy with small toys, like temporary tattoos, stickers, 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 and graham crackers (recipe below)
- Roasted pumpkin seeds
- Snack cups of peaches or mandarin oranges (canned in juice or light syrup)
- Oranges, cantaloupe, tangerines, mangos, or dried peaches
- Carrots with low-fat ranch dressing
- Use Halloween cookie cutters to make sandwiches or fruit look frightfully delicious!



NOVEMBER

THANKSGIVING

- Have students write or draw about what they are thankful for and have them share it with the class.
- Create a leafy garland of gratitude (from paper).
- Do a service project as a class field trip.

HEALTHY PARTY SNACKS

- Turkey roll-ups
- Apple butter on whole-grain English muffins or graham crackers
- Warm apple cider
- Pumpkin dip (recipe below)



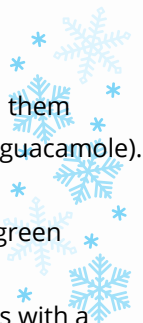
DECEMBER/JANUARY

WINTER HOLIDAYS

- Make holiday cards for nursing home residents or decorate pillowcases for homeless shelters.
- Go caroling: sing for other classes or a senior center.
- Decorate the classroom with a winter theme.
- Prepare personal care kits for a homeless shelter.
- Make snow globes out of baby food jars, using white glitter or plastic snowflakes, and water. Hot glue the lid.
- Create [Healthy Goals](#) for the new year!

HEALTHY PARTY SNACKS

- Hollow out red and green peppers and fill them with a dip (ex: low-fat ranch, hummus, or guacamole). Serve with veggies.
- Make fruit kabobs and alternate red and green grapes or red/green apples.
- Serve green beans, broccoli, and tomatoes with a low-fat dip.



PUMPKIN DIP (w/graham crackers)

© Dannon Institute

- 3 tbsp. canned pumpkin
- 1 cup low-fat vanilla yogurt
- 1 tbsp. orange juice concentrate (use 100% juice)
- **Optional:** ½ tsp. cinnamon, 1 tbsp. maple syrup

TASTY TRAIL MIX

- 1 cup dried fruit
- ½ cup raisins
- 1 cup Wheat Chex cereal
- 2 cups pretzel sticks
- 1 tbsp. maple syrup (optional)

Note: Serve in individual containers or let children scoop their own serving



HEALTHY CELEBRATIONS

FEBRUARY

- Have students write down one positive comment about each classmate; pass the notes out.
- Valentine's Day card holder: Cut out a plate in half. Have children paint or color the plate and write their names on it. Stitch two halves together with colorful ribbon or string. Make a handle with string so each child can hang them from their desk.
- Try a Valentine's **Scavenger hunt!**

HEALTHY PARTY SNACKS

- Cherry tomatoes/red peppers with hummus or low-fat ranch
- Red fruit: strawberries, raspberries, red grapes, dried cranberries, red apple slices, etc.
- Very-berry pink smoothies (see recipe below)



APRIL/MAY

SPRING PARTY

- Plan a Spring nature walk to observe plants
- Egg Hunt: Decorate plastic eggs and put physical activity messages inside that kids can follow.
- Decorate flower pots for parents; plant a seed or flower.
- Have parents donate plants that children can plant in the schoolyard or at a community site.

HEALTHY PARTY SNACKS

- Carrot muffins
- Carrots with hummus or low-fat ranch dressing
- Berries with Cool Whip
- Fruit smoothies (see recipe below)



MARCH

- Teach an Irish step dance.
- Decorate the classroom with paper shamrocks.
- Plan a St. Paddy's day scavenger hunt that leads to a pot of gold filled with treasures (markers, pens, pencils, erasers, etc.)
- Read about Irish history or a story about St. Patrick.

HEALTHY PARTY SNACKS

Make it a "Green" Day

- Kiwi (cut in half and serve with a spoon)
- Cucumbers, celery sticks, broccoli, sugar snap peas, green peas, or green peppers (with hummus or low-fat dressing)
- Whole-grain tortilla chips with guacamole
- Try these **shamrock pizzas!**



JUNE

With the end of school comes numerous celebrations. Keep the focus away from food and plan activities to highlight the end of the school year and the coming of summer.

- Discuss the origins of fruits from around the world. Have a tasting party with fruits like star fruit, papaya, mango, guava, pineapple, etc.
- Visit a local farm, garden, or orchard to learn more about local fruits and veggies.
- Have children make a collage or write a **summer bucket list!**
- Have students write stories or put together items that remind them of the past school year.
- Plan an outdoor game/activity.



VERY-BERRY PINK SMOOTHIE

- ½ to 1 cup fresh or frozen strawberries (or red fruit)
- 1 cup non-fat yogurt
- ½ cup fruit juice
- **Optional:** ice cubes (omit if using frozen fruit)

Blend using a blender and enjoy!

FRUIT DIP

- ½ cup low-fat vanilla yogurt
- 1 tsp. honey
- ¼ tsp. cinnamon
- ¼ tsp. nutmeg

Mix ingredients and serve with your favorite fruits!