

Celebrate the Healthy Way!

Birthdays and other milestones are fun times to celebrate. They can also be teaching moments—showing our children what, how, and why we celebrate. Too often, food becomes the main focus of the celebration and overshadows the reason for the celebration.

At school, we teach children about healthy foods and why we should eat them. Celebrating without food or using healthy foods is another great lesson we can model for our children.

Below are some ideas of ways you can celebrate your child's special day in the classroom.



Non-Food Ideas:

- * Read your child's favorite book to the class.
- * Make and decorate paper party hats with the students.
- * Have your child bring in their baby pictures and share with the class.
- * Hide fun, inexpensive prizes around the room and have a scavenger hunt.
- * Ask the teacher if your child can wear a special outfit for the day.
- * Have a temporary tattoo or face painting party.
- * Bring in music and teach the students some old school dances (ex. The Electric Slide).
- * Ask if you can decorate the room for the day or bring in special plates or napkins for mealtime (must be in unopened packages).
- * Eat breakfast or lunch with the class.
- * Have a jump rope, hula hoop, or balance contest to see who can go longer, the adults or the students.

SMILE & HAVE FUN!!!

Here are some fun “cooking” activities you can make with the class:

Fruit Filled Cones

Cut up your child’s favorite fresh fruits, like bananas, strawberries, blueberries, and mango, and fill a wafer ice cream cone!



Butterfly Snack Baggies



Fill a plastic snack bag with healthy snacks and then use a clothes pin to split the bag into 2 compartments, like a butterfly!

Snackable Jewelry

Make cereal necklaces or bracelets with the class.



Iced Watermelon Cake



—cut watermelon in shape of cake, ice with yogurt and decorate with fruit!

Fruit and Cheese Kabobs

Cut out fruit and cheese using cookie cutters and put on kebab stick or coffee stirrer.



Or leave the rind on and cut into a thin slice and create a **Watermelon Pizza**



As a reminder, there are NO peanuts, tree nuts, or pork allowed in the classrooms. Grapes and cherry tomatoes MUST be cut in half before serving, and popcorn is NOT allowed, since they are choking hazards.

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This institution is an equal opportunity provider.