

# Healthy Treat Ideas

Our goal is not to cut out all treats, but to make sure they are eaten in moderation and do not become the focus of parties or celebrations. The focus should be on fun, not food. The list below provides healthy suggestions for celebrations.

## Healthier Options

- 100% juice instead of punch
- 100% fruit juice freezer pops
- Trail mix
- Apples with caramel dip
- Fruit or vegetables
- Popcorn (minimal salt and butter)
- Dried fruits
- Low-fat yogurt products
- Fruit leather
- String cheese
- Sparkling water
- Pretzel products
- Real fruit popsicles

We encourage parents to use the list above as a guide in providing healthy snacks. You may also choose to bring in non-food items to give to each child on your child's birthday. Here is a list of ideas:

- Glow-in-the-dark items
- Slap bracelets
- Party hats
- Silly bands
- Bubbles
- Chalk
- Stickers
- Little toys
- Stamps
- Plastic rings
- Erasers
- Holiday themed items
- Pencils
- Crayons
- Pens
- Decorative pencils

Here are a few other ways that you can celebrate your child's birthday at school:

- Donate a book to the school in honor of your child's birthday with his/her name inside.
- Have your child bring their favorite book to share and read it to the class.
- Donate a ball or jump rope to the classroom for recess.
- Choose a favorite song or musical piece to sing or play for the class.

Whether your child eats his or her snack at home or at school, or if you provide a snack for a classroom party or celebration, keep these things in mind:

- Snacks should be kid-size. Both children and adults don't need large portions.
- Snacks should be colorful. Kids eat with their eyes. Make snacks visually appealing.
- Snacks should be healthy. Offer fruits and vegetables as often as you can.
- Drinks should be served in small portions, a cup or less each. Water is the healthiest choice.