

Healthy School Parties!

Kids
Can Do
it!



Let's Celebrate!

- Celebrate special events without food. Focus on fun physical activities rather than cake and ice cream. Kids love getting special attention and doing fun physical activities just as much or even more than celebrating with food.
- School and classroom parties offer opportunities for schools to be role models and reinforce the message that eating healthy and being active means a healthier body and a sharper mind!
- When foods are offered at school parties, they can add to the fun but they should not be the main focus. Instead of serving sweets, offer healthy, nutritious snacks in appropriate portion sizes.

Did You Know?

Almost all of the snacks served to children should be fruits and vegetables.

Occasional Sweet Treats

When sweets are offered for those occasional treats, serve healthier versions that are lower in fat, sugar and calories!

- Frozen fruit bars or popsicles (100% fruit juice, no added sugars)
- Angel food cake topped with fresh fruit and a spoonful of low-fat yogurt or whipped topping
- Fig Newtons, Animal Crackers, Graham Crackers, Gingersnaps, Vanilla Wafers
- Pudding (low-fat)
- 100 calorie snack packs

Healthy Snack Ideas

- **Fresh fruit** – make kabobs or cups, add low-fat yogurt or whipped topping. Serve frozen for added fun!
- **Fruit and low-fat cheese kabobs**
- **Frozen bananas** – smear with peanut butter and roll in peanuts or low-fat granola
- **Vegetable trays** – serve with hummus, salsa, black bean dip, low-fat salad dressing, or guacamole
- **Cucumber slices** – add a dollop of low-fat cottage cheese and top with a dried cranberry or a grape
- **Ants on a Log** – spread peanut butter on celery and add raisins
- **Dried fruit (with little or no added sugar)** – raisins, apricots, apples, cranberries, papayas, mangos
- **Fruit smoothies** – blend unsweetened fruit with 100% fruit juice and low-fat yogurt
- **Quesadillas** – whole wheat tortillas, lean meat or a low-fat cheese, salsa, lots o' veggies
- **Sub sandwiches** – whole grain bread, tons o' veggies, lean meat or a low-fat cheese, low-fat dressing
- **Sliced turkey** – wrap around slices of cucumber, bell peppers, carrots
- **Whole grain mini bagels** – top with low-fat cream cheese, part-skim ricotta cheese (mix in cinnamon and vanilla), or a 100% nut butter
- **Whole grain, low-fat crackers** – top with low-fat cheese (mozzarella, string cheese)
- **Popcorn (air popped or low-fat)** – add grated cheese (low-fat), salt-free seasonings, nuts, or dried fruits
- **Peanut butter roll ups** – spread peanut butter on a whole wheat tortilla, sprinkle with sunflower seeds and raisins; roll up and cut into 1-inch slices

Healthy Beverages

- 1st choice:** Water – flavor with an orange or lemon slice for fun!
- 2nd choice:** Milk (low-fat or non-fat)
- 3rd choice:** 100% fruit juice (limit to 1 to 1.5 cups/day)
- Fizz It Up!!** Mix 100% fruit juice and plain sparkling water

Fun Activities

Birthday Month: Combine student birthday parties into one monthly event. Play active games and offer healthy snacks.

Extra Recess: Celebrate birthdays and special events with an extra recess or a physically active game instead of cake and ice cream. Let the birthday kid choose the activity!

Fun Outdoors: Take the class outside for active games – frisbee, kickball, activity circuits, or hip-hop dancing.

Balloon Relay Races: Run relay races with balloons. Kids can hit the balloon across the room, jump with the balloon between their legs or tucked under their chin. Get creative!

'Kids On the Move' Activity Deck: Let students pick an activity from the deck and lead the activity.

Dance Party: Have kids make up several dance moves that fit the selected music. Have kids teach the rest of the class their favorites. Play fun music and let kids practice their new dance moves.

Charades: Make up charade cards with physical activities (i.e. skiing, running, biking, skate boarding, jumping, break dancing). Once a team has the correct answer, have them act out the activity.

Speaking From Experience!

“For our Kindergarten curriculum party, our party theme focused on trees. The foods we had were products from trees - fruit and nuts! No cakes or cookies at this party! We also included a scavenger hunt outside. The kids ran from point A to B to C using a map. This was a great physically active game that the kids had a blast doing!”

Melissa Lackey, Kindergarten teacher
Bennett IB World School

“When we have parties, we forget the food and do things in our gym like ‘Wheelie Parties’ where kids bring in scooters, roller blades, and wheelie shoes – and we motor around the gym. Great fun!”

Courtney Petros, 3rd grade teacher
Olander Elementary School

Food for Special Celebrations!

Halloween

- Abracadabra Wands – frozen fresh fruit kabobs served with low-fat yogurt dip
- Roasted pumpkin seeds
- Pumpkin bread (low-fat, low sugar, whole grain flour)
- Witch’s Brew - mix 100% orange juice and plain sparkling water

Fall Holidays

- Baby carrots, sliced red and green bell peppers and low-fat salad dressing
- Nut and dried fruit trail mix
- Corn bread (low-fat and low sugar)

Winter Holidays

- Red and green apple slices dipped in low-fat caramel
- Fruit, yogurt and granola parfaits – layer fresh or frozen fruit with low-fat yogurt and low-fat granola
- Popcorn (air-popped or low-fat) – mix with nuts, pretzels, and dried fruit or with parmesan cheese

Valentine’s Day

- Red apple slices and fresh strawberries dipped in low-fat strawberry yogurt
- Cherry tomatoes and red bell pepper slices dipped in low-fat ranch dressing
- Angel food cake topped with fresh strawberries or raspberries and low-fat whipped topping

Spring Holidays

- Color hardboiled eggs and have an egg hunt – let kids eat their findings!
- Frozen bananas on a stick with a very small drizzle of chocolate and rolled in almonds
- Frozen fruit cubes – freeze 100% fruit juice in ice cube trays (try silicon trays with small animals, hearts, stars, or other fun shapes); serve frozen cube on a napkin and let the slurping begin!
- Banana splits – cut a small banana in half lengthwise and place in bowl; add ¼ - ½ cup low-fat vanilla yogurt; top with fresh blueberries, low-fat granola, and chopped nuts
- Go Ahead – Freeze My Lips! – serve a small bowl of frozen grapes, blueberries, strawberries, and cantaloupe; top with low-fat yogurt or whipped topping

CanDo – Coalition for Activity and Nutrition to Defeat Obesity
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