

HEALTHY SCHOOL PARTIES

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in school to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools--which have a great impact on children --to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines and after-school events offer opportunities for school to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School and Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: **Lead by example!**

- Fresh fruit and vegetables
- Yogurt
- Bagels with low-fat cream cheese
- Trail mix*
- Nuts and seeds*
- Animal crackers
- Baked chip
- 100% fruit juice
- Low fat milk
- Salsa
- Low-fat popcorn
- Granola bars*
- Pretzels
- Pizza
- Pudding
- String cheese
- Cereal bars
- Bottled water - plain or flavored
- Tortilla chips

***May be allergens and/or a choking risk for some people, please check with classroom teacher.**

Information obtained from the Appendix C or the "Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy", <http://www.tn.fcs.msue.msu.edu/toolkit.pdf>