



FOR SCHOOL PARTIES

Celebrating accomplishments, special events, and holidays with a party is fun. Unfortunately, unhealthy foods have gone from “now and then foods” to the everyday and main focus at these events. When we have parties for kids we are making a memory for them. This is great but having less healthy food over the years has created a memory around eating less healthy food rather than a memory of the fun and activities. To keep our children and their future healthy, it is important to teach them healthy habits. Consider making activities the center of attention at parties rather than food. This focus will provide a great opportunity to practice the healthy lessons taught in school that being active and eating healthy foods is fun. When planning parties it is also important to consider ethnic and medical food restrictions and allergies so that all students can be a part of the celebration.



Organize Games and Activities

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| Bingo | Glow in the dark games |
| Bowling | Freeze tag |
| Extra recess | Relay races |
| Dance party | Obstacle courses |
| Twister | Walk/Run |
| Thumb's up seven up | Service projects (MAKE BLANKETS FOR A LOCAL SHELTER, CRAFT KITS OR CARDS FOR LOCAL CHILDREN'S HOSPITAL, ETC.) |
| Duck duck goose (IT NEVER SEEMS TO GET OLD!) | |

Food Ideas

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| Fruit kabobs | Low-fat popcorn |
| Veggie “bugs” | Cereal bar |
| Yogurt (FREEZE IT!) | Water |
| Yogurt sundaes (LAYER FRESH AND OR DRIED FRUITS, AND WHOLE GRAIN CEREAL OR GRANOLA) | 100% juice |
| Whole grain muffins | Smoothies (FRESH FRUITS AND VEGETABLES) |
| Veggie pizza | Fresh salsa with baked chips (TOMATO BASED OR BEAN BASED SALSA) |
| Trail mix/gorp | Veggie Roll Ups |
| String cheese | Hummus with veggies or pita |
| Granola bars | |

REFERENCES USED

MAFHK - Tips and Tools to Help Implement Michigan's Healthy Food and Beverages Policy (9/2004), Healthy Celebrations – Connecticut Department of Education

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