



# Healthy Classroom Party Ideas

The occasional classroom party is an excellent time to help reinforce the healthy eating habits taught to students throughout the year. By promoting healthy behaviors, you can have a positive impact on students' daily attendance, classroom participation, test scores, behavior, and help influence life-long healthy lifestyle habits. Proper guidance, education, and the ability to practice learned behaviors will lead to positive choices. Below are some healthy party recommendations:

### Fresh fruit & vegetables

Include at least one fruit and vegetable at parties such as:

#### Fruits

Apples, orange wedges, pineapple, bananas, kiwi, grapes, strawberries, dried fruits

#### Vegetables

Baby carrots, green or red pepper strips, pea pods, broccoli, cauliflower, cherry tomatoes, and salads with low fat dressing.

### Snack Foods

- Low-fat string cheese
- Crackers with low-fat cheese
- Hot, soft pretzels with mustard
- Popcorn, air popped
- Nuts
- Beef jerky
- Cheese pretzel kabobs (cheese cubes threaded on thin, pretzel sticks)
- Baked tortilla chips and salsa or low-fat bean dip
- Pretzels, baked or reduced fat chips are better than regular chips
- Hard-boiled eggs (color for spring and eat!)
- Dry cereal mix (Cheerios or Chex)



### Desserts: Limit desserts to one or two small portion items.

Some dessert options are:

- Graham crackers      Oatmeal raisin cookies
- Low-fat frozen yogurt      Animal crackers
- Fig Newtons      Gingersnap cookies
- Fruit juice bars      Pudding
- Vanilla wafers      Chocolate covered strawberries
- Strawberries with whipped cream
- Yogurt splits with bananas, yogurt, granola, and fruit toppings
- Angel food cake with fresh fruit topping such as strawberries, peaches, blueberries, etc.



### Beverages

Choose beverages with moderate sugar intake, such as:

- Nonfat, 1%, or chocolate milk
- Water
- 100% juices

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. Adapted from Newport Mesa.

Yes, we're committed to helping our classroom stay healthy!

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Parent/Guardian Signature

\_\_\_\_\_  
Date

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Student Signature

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Date