

### **Non-Food Ideas for Healthy Parties**

- Students choose party games and activities. Parents can bring in pencils, erasers, tattoos, and other small non-food treats.
- A special class art project or craft. Students can pick their own art project (painting drawing, coloring, Play-Doh) and have a particular craft to make. Possibly have a local artist come in and speak with the kids or do a demonstration. Ask parents and/or businesses to donate a small water color set with paint brush, Play-Doh, 8 pack of crayons, or any inexpensive art medium children can take home.
- Have a dance party. Let students select the music and locate a space and time your class can have a small dance party or use as a larger school incentive and throw a free school dance as a reward (sponsored by local businesses).
- Let students play outside or have a field day.
- Create a special birthday package. Birthday child gets a sash or crown to wear during class, a special seat, chooses a short class activity or game, first in line to lunch or recess, teacher's assistant for the day, a trip to the principal's office to receive a small birthday surprise (pencil, school folder, birthday card) and so on.
- Have a class movie party. Students select a movie to watch or a watch a new film pertaining to the class subject.
- Have students help come up with non-food party ideas. Students can create a "Healthy Classroom Party Guide", that can be distributed to parents and used throughout the school year.

### **Healthy Food Ideas**

- Fresh fruit and cheese kabobs with low-fat whipped topping
- Dried fruit (banana chips, apple chips, etc.)
- 100% fruit snacks
- Angel food cake topped with fresh fruit
- Vegetable trays with low-fat dip or peanut butter
- Whole grain crackers with cheese cubes or hummus
- String cheese
- Waffles or pancakes topped with fruits
- Whole grain pretzels
- Low-fat popcorn
- Rice cakes
- Graham or animal crackers
- Bagel slices or whole wheat English muffins with peanut butter or 100% fruit jam
- Fruit or whole grain muffins
- Whole wheat hot pretzels
- Pizza with low-fat topping (vegetables, lean ham, Canadian bacon)
- Small ham/turkey and cheese sandwiches or wraps

- Low-fat pudding or yogurt (squeezable yogurt or parfait style with granola, cereal, or crushed graham cracker topping)
- Quesadillas or bean burritos with salsa
- Low-fat breakfast and granola bars
- Tortilla chips with bean dip or salsa
- Trail/cereal mix (whole grain, low-sugar cereals mix with dried fruit, pretzels, etc.)
- Nuts and seeds
- Apples and caramel dip

Adapted from:

\* Healthy Celebrations, Connecticut State Department of Education, Bureau of Health and Nutrition Services and Child/Family/School Partnerships, May 2005:

[www.state.ct.us/sde/deps/Student/NutritionEd/index.htm](http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm)

\* School Celebrations, NC Division of Public Health, NC Department of Public Instruction, NC Cooperative Extension, and NC Action for Healthy Kids.

[www.eatsmartmovemorenc.com/resources/documents/schoolfoodstand/school%20celebrations.p  
df 3](http://www.eatsmartmovemorenc.com/resources/documents/schoolfoodstand/school%20celebrations.pdf)