



CELEBRATIONS THAT SUPPORT CHILD HEALTH

Schools and afterschool programs play an important role in helping students learn about healthy eating. School celebrations can reinforce messages about good nutrition and health when they include healthy foods and beverages and provide opportunities for kids to dance, play games and engage in sports.

FOLLOW THESE STEPS TO ENSURE THAT YOUR SCHOOL COMMUNITY PROVIDES FUN AND HEALTHY CELEBRATIONS:

- 1** Survey staff, students and families to identify successful healthy celebration options and share the results with the school community.
- 2** Work with your school wellness committee to update the celebration policy in the school wellness policy or handbook. Be sure to align with the district's local school wellness policy.
- 3** Promote the new celebration policy through the school's website, social media accounts, newsletters and/or bulletin boards.
- 4** Send letters to parents explaining the policy change and why it is important. Include a list of healthy snacks that parents/guardians can pack for their children.
- 5** Provide healthy celebration ideas to parents and school staff. Include a suggested healthy snack list for classroom celebrations.
- 6** Encourage school staff can share healthy celebration success stories to encourage all classrooms to implement healthy celebrations.

On the next page are many examples of non-food and healthy celebration ideas from Healthier Generation that students will enjoy!

To learn more and join the movement, visit HealthierGeneration.org

NON-FOOD CELEBRATION IDEAS



PRIZES

Pencils or erasers
Stickers
Books
Tickets or tokens toward for a larger prize
Rulers
Slap bracelets
Playdough
Frisbees
Coloring books



PHYSICAL ACTIVITY

Lead a special physical activity break
Host a special event such as a dance or kite-flying party
Provide extra recess or PE time
Turn on the music and let students dance for a few minutes
Have a themed parade around your school



SPECIAL EVENTS

Let students choose a special activity or be a teacher's helper
Allow students to select a special book or invite a guest to read aloud
Go on a scavenger hunt
Host a special dress day where students can wear hats or pajamas



RECOGNITION

Give a certificate or ribbon
Post a sign in the classroom or on a prominent bulletin board
Give a shout-out in the morning announcements
Allow child to wear a crown or special sash
Recognize the student during an assembly

HEALTHY SNACK & BEVERAGES IDEAS*



BEVERAGES

Water
100% fruit juice with no added sugar
Fat-free or low-fat milk
Fruit smoothies made with frozen fruit with no added sugar and fat-free or low fat yogurt
100% fruit juice slushes with no added sugar
Fruit-infused water



FRUITS & VEGGIES

Fruit trays, salads or kabobs
Vegetable trays, salads or kabobs
Canned fruit or fruit cups in water or 100% fruit juice
Frozen fruit or fruit cups in water or 100% fruit juice
Dried fruit with no added sugar



WHOLE GRAINS

Whole grain crackers, pretzels or cereal bars
Small whole grain bagels, waffles or pancakes topped with fruit or seed butter
Low-fat or air-popped popcorn with no added butter or salt
Graham crackers
Baked whole grain tortilla chips with salsa or bean dip



PROTEINS

Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip
Seed butter served with fruit or whole grain crackers
Trail mix made with dried fruit and whole grain cereal
Low-fat cheese served with fruit or whole grain crackers
Hummus served with vegetables or whole grain crackers

* Work with your district's nutrition services staff to purchase Smart Snack compliant foods and beverages for celebrations. Use [Healthier Generation's Smart Snacks Product Calculator](https://www.healthiergeneration.org/resources/smart-snacks) to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item. Many schools are nut-free. Please check with your school.

