

Celebrate Healthy

Healthy and active celebrations promote a healthy school environment and leave students ready to learn. They also complement classroom health lessons rather than contradict them. Students will be better able to concentrate after being active and eating healthy snacks than after a celebration full of unhealthy foods. Healthy celebrations are an opportunity for students to try new activities, learn about different cultures and traditions, and sample new healthy foods.

Celebrate Without Food

Do a fun activity that does not focus on food. Try one of these ideas:

- Provide extra recess or outdoor time
- Build an obstacle course
- Recognize birthdays during daily announcements
- Designate the birthday child as the special assistant for the day
- Take a nature walk
- Let students pick a book and invite a guest reader
- Let the birthday child pick a game to lead or play at recess
- Organize a community service project
- Do an arts and crafts project
- Do a scavenger hunt
- Make a collage
- Focus on costumes, decorations, or activities of the season or holiday
- Make cards for senior citizens living in nursing homes
- Decorate flower pots and plant seeds
- Visit a local farm to learn about fruits and vegetables

Hold Fewer Parties

Combine monthly birthday celebrations with the month's national cultural celebration, such as Chinese New Year, Women's History Month, or Irish American Heritage Month. Hold no more than one classroom party per month.

Plan Ahead

Ask families to sign up to bring suggested healthy item such as:

- Fruits or veggies in the colors of the holiday – for example, strawberries for Valentine's Day
- Low-fat yogurt, fruit, and granola parfaits
- Finger foods like fruit kabobs, cut-up veggies, or whole wheat crackers with low-fat cheese

Think About Timing

Schedule parties after students eat lunch instead of in the morning.

The Bottom Line

When foods are brought into the classroom, they need to meet the nutrition standard selected by the school.

School Foods

A Guide to Implementing the New Hampshire Administrative Rules for Education Regarding Food and Nutrition
June 2012