



Tips for Hosting Healthy School Celebrations

With creative planning and following some simple ideas, it is still possible for parents to throw fun and healthy school celebrations throughout the school year.

Please be sure to check with your child's teacher for the idea or activities that will work best in the classroom.

Some alternatives to Sweet Treat themed parties:

- ☺ Let the kids create something with art supplies
- ☺ Allow the kids to prepare their healthy food snacks
- ☺ Read a book to the kids
- ☺ Set up craft stations

Healthier school parties also focus on healthier school foods. Many school wellness programs have the list of healthy food ideas that can be served to children. Find creative ways of serving healthy foods rather than bringing in unhealthy options. Lacey Township School Cafeterias can supply both healthy snacks and 100% fruit juice or low-fat/skim/lactose-free milk choices for in-school celebrations.

Healthy Party Suggestions for In-School Celebrations:

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| ☺ Applesauce cups (various flavors) | ☺ Pretzels |
| ☺ Boxed Raisins | ☺ Frozen Ice (made with 100% fruit juice) |
| ☺ Trail Mix | ☺ Whole Grain Bagels or English Muffins, topped with assorted jams and low-fat cream cheese |
| ☺ Fruit (fresh or cupped)/ Fresh Fruit Arrangement | |
| ☺ Fruit Smoothies | |

Food items should be sent into/brought into school in original sealed packaging that includes the ingredient list (in case of food allergens in the classroom).

No Calorie Treats for Healthy In-School Celebrations:



- ☺ Pencils and Pens
- ☺ Crayons
- ☺ Coupons
- ☺ Key Chains
- ☺ Shoelaces

- ☺ Bracelets
- ☺ Scrunchies/ Hair Barrettes
- ☺ Note Pads
- ☺ Temporary Tattoos
- ☺ Bubbles

Parents interested in hosting healthy school parties just need to plan and think out of the traditional sugar-coated box to find easy ways to throw healthier in-school celebrations. Lacey Township School District's Cafeteria Staff are available and glad to help with your classroom celebration! Call us at (609) 971-2020 ext: 2046.