

# Appendix C

## Healthy School Parties

Students are taught in the classrooms about good nutrition and the value of healthy food choices. However, many times foods served in the classroom, in the case of a class party, are low in nutrients and high in calories. This sends a mixed message – that good nutrition is just an academic exercise that is not important to their health or education. To send the right message, administrators, parents, teachers and students need to promote healthy lifestyle principles, replacing unhealthy food offerings with healthy ones. It is encourages that parties be held after the lunch period. Below are some suggestions for healthier party treats.

- Milk / flavored Milk
- 100% Juice
- Water / flavored Water (calorie free)
- Fresh Fruit assortment
- Fruit and Cheese Kabobs
- 100% Fruit Snacks
- Vegetable Trays
- String Cheese/ Cheese Cubes
- Pretzels
- Low-fat Popcorn
- Graham Crackers
- Vanilla Wafers
- Animal Crackers
- Angel Food Cake
- Pizza with low fat toppings
- Apples with fat-free caramel dip
- Pizza Dippers (pizza toppings and bread on skewer with marinara dip)
- Wraps or Sandwiches – turkey, roast beef, ham, tuna, tofu, veggie, or chicken salad
- Instant Pudding made with milk
- Yogurt Parfaits (yogurt, berries, granola, layered)
- Yogurt Smoothies
- Yogurt in a Tube (try frozen)
- Quesadillas with salsa
- Low-fat Breakfast or Granola Bars
- Trail / Cereal Mixes
- Peanut Butter with Apples or Celery
- Crackers with Cheese