

# Healthy Celebrations



Together we can teach children to enjoy healthy foods and activities at celebrations.

## Make Snacks Count

Snacks should contain at least two of the five food groups. Try whole grain crackers with cheese or apple slices with peanut butter. Use suggested options and recipes below:

### Suggestions for Snacks:

#### VEGETABLES

Go for fresh, frozen or canned.

- Carrots
- Celery
- Red bell peppers
- Cucumbers
- Salad
- Veggie tray



#### FRUITS

Opt for fresh, frozen or canned instead of juice.

- Apples
- Bananas
- Melon
- Fruit cups
- Applesauce



#### GRAINS

Choose whole grains. Look for the word "whole" as the first ingredient.

- Whole grain cereals
- Whole wheat breads and wraps
- Whole grain goldfish/crackers
- Granola bars



#### PROTEIN

Select lean meats and meat alternatives.

- Beans
- Nuts
- Seeds
- Eggs, Hard boiled
- Chicken
- Hummus



#### DAIRY

Choose low fat or fat free dairy options.

- Unflavored milk
- Cheese cubes
- String Cheese
- Plain yogurt
- Cottage cheese



### Recipe Ideas:

#### TURKEY SUSHI ROLLS

- Whole wheat tortillas
- Plain cream cheese
- Fresh spinach
- Shredded carrots
- Turkey

Spread cream cheese on tortilla, layer on turkey, carrots and spinach. Roll tight and slice.

#### BLACK BEAN SALSA

- 1 can corn, drain and rinse
- 1 can black beans, drain and rinse
- 1 can diced tomatoes
- Baked whole grain corn chips

Mix vegetables in a bowl and serve.

#### APPLE YOGURT

- Diced apples
- Plain yogurt
- Granola
- Raisins

Combine and enjoy.

**Having a Potluck?** Try a DIY Potluck meal or snack for a fun twist.

DIY Sandwich Bar  
DIY Taco Bar

DIY Pasta Bar  
DIY Salad Bar

DIY Yogurt Parfait  
DIY Chili Cook-Off / Bake Potato Bar

DIY Trail Mix

Free printable sign-up sheets are available at:

<https://columbus.gov/publichealth/programs/Healthy-Children-Healthy-Weights/Healthy-Celebrations-and-Snacks/>

Please be aware of dietary restrictions, allergies and choking hazards.

## Water First for Thirst

Make water the easy choice by having it readily available.

- Place water pitchers and cups on each table.
- Serve only water and unsweetened beverages.
- Add fresh fruit and herbs; try lemon, lime or fresh mint.
- Stick “melted snowman” labels to water bottles/cups.
- Have children decorate special cups to use.



## An Hour a Day to Play

Make physical activity part of the celebration.

- Play charades
- Have a dance party
- Put on a scavenger hunt
- Run relay races
- Create active play stations

### BALLOON FUN

Have children work together to keep the balloon/s in the air using various body parts (hands, feet, knees, elbows, etc.)

*Safety note: Place each balloon in pantyhose to prevent choking hazard.*

Adapted from: [www.headstartbodystart.org](http://www.headstartbodystart.org)

### NO RUNNING TAG

Try these moves instead:

- Hopping on two feet
- Hopping on one foot
- March
- Tip toe
- Baby steps
- Galloping

## Reduce Screen Time

Instead of movies and video games, plan additional activities.

- Play music.
- Set up an arts and crafts table.
- Read a book about the celebration.
- Have children make decorations to hang.
- Draw pictures and create a classroom book.

### SARAN WRAP BALL PARTY GAME

A massive ball of saran wrap with goodies layered throughout.

- One person starts to unwrap while the person to their right rolls a pair of dice.
- Once they roll doubles the ball is then passed to that person.
- Keep the treasures (stickers, toys, etc.) you unwrap along the way.

### UP THE FUN!

- Try wearing mittens to make it more difficult.
- If there is a large group, use two large balls.

Adapted from: [Awesomejelly.com](http://Awesomejelly.com)

## Additional Resources

Use this chart as guide when planning your next celebration:

Snack	Unsweetened Beverage	Physical Activity Game	Craft	Book	Music

- Healthy School Celebration Guide: <http://bit.ly/2025XKR>
- U.S. Department of Agriculture’s Choose MyPlate at: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- National Heart Lung and Blood Institute, recipe books available in pdf at: <http://1.usa.gov/1RH54og>