

## Healthy Ideas for Classroom Snacks and Parties

Snacks are important for providing children with nutrients to support growth and learning. Parties are a fun opportunity to celebrate. However, school snacks and parties are not required to be cupcakes, ice cream, potato chips and soda pop. With a little imagination, snacks and parties can be fun and still provide healthy, nutrient-rich foods. Give healthy partying and snacking a try with the following foods:

- ☺ Low-fat milk (plain or flavored) – plain, chocolate, strawberry, vanilla
- ☺ 100% juice – orange, apple, grape, cranberry
- ☺ Water (flavored)
- ☺ Fresh fruit with yogurt dipping sauce
- ☺ Apples with caramel dip
- ☺ Fruit and cheese kabobs
- ☺ Fruit with whipped topping – strawberries with whip cream
- ☺ 100% fruit snacks
- ☺ Fruit crisps or bakes (made with little added sugar and whole grain toppings)
- ☺ Vegetable tray with low-fat dip
- ☺ Celery sticks with peanut butter
- ☺ String cheese
- ☺ Low-fat pretzels or popcorn
- ☺ Graham or animal crackers
- ☺ Pizza with low-fat toppings – veggies, lean ham
- ☺ Sandwiches – ham, turkey, cheese (low fat condiments)
- ☺ Low-fat pudding cups
- ☺ Low-fat yogurt – Dannon Light 'n Fit, Trix, Yoplait Yumsters
- ☺ Yogurt smoothies – low-fat
- ☺ Yogurt parfaits – layered fruit, yogurt and granola
- ☺ Quesadillas with salsa
- ☺ Granola bars or breakfast bars
- ☺ Trail mix or cereal mixes
- ☺ Angel food cake with fruit toppings
- ☺ Nuts, seeds

### What About Cake?

Once in awhile a piece of birthday cake can fit into a healthy diet. However, if each student brings in cake for their birthday, eating cake becomes a regular occurrence. Keep cake a “sometimes” food by having all students with birthdays in the same month celebrate on one day. Try to limit parties with cake and other sugary or high fat foods to less than once per month.

*From the New Mexico Action for Healthy Kids  
Wellness Toolkit, Part I: Nutrition, page 18*

## Online Resources

*Guide to Healthy School Parties*, Action for Healthy Kids of Alabama,  
[www.actionforhealthykids.org/filelib/toolsforteam/recom/N&PA%2031%20-%20parties.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/N&PA%2031%20-%20parties.pdf)

*Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign,  
<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>

*National Alliance for Nutrition and Activity (NANA), Model Local School  
Wellness Policies on Physical Activity and Nutrition, March 2005, page 22*