

## Healthy food ideas for class parties

From birthday parties to holiday celebrations, there are many celebrations in schools and preschools. Along with the fun, usually comes food. At just one celebration children can have pizza, sugary juice or soft drinks, lollies, chips cake and ice-cream. Offering so many treats so often can contribute to unhealthy eating habits. However, with a few easy changes, parents and teachers can shift the focus for school parties from unhealthy food to healthy fun. Here are a few ideas.

### Healthy Party Snacks

Serve snacks with fun plates, napkins, cups or straws or have a tasting party where children can vote for their favourite healthy snack. Try some of the following:

- Fruit smoothies
- Fruit Kebabs made with a variety of fruits
- Seedless watermelon
- Melon balls
- Rockmelon 'smiles'
- Pineapple with crushed mint
- Strawberries
- Grapes and cherries
- Orange quarters – try them frozen in summer
- Frozen fruit blocks
- Fruit in Jelly
- Apple slinkies
- Little pizzas
- Cheese cubes
- Low fat yogurt parfaits with fruit and muesli topping
- Low fat popcorn
- Trail mix (dried fruit, whole grain low sugar cereals, sunflower and sesame seeds etc) Parents can bring in ingredients and kids could make their own
- Vegie strips with low fat dip or salsa
- Little sandwiches
- Spiral sandwiches
- Raisin bread
- Slices of un-iced fruit bun
- Un-iced fruit scroll
- Apricot fruit loaf
- Pikelets
- Carrot cake (un-iced)
- Rice crackers
- Date scones
- Sweet or savoury un-iced muffins (not chocolate)



## Ideas for healthier classroom celebrations

Here are some ideas of ways to celebrate birthdays and other events without food:

- Ways to celebrate a birthday and recognise a child on their special day
  - Make a sign, sash, crown, button or badge for the birthday child
  - Let the birthday child be the teachers assistant for the day – they can do special tasks like make deliveries to the office
  - Let the birthday child choose an activity or game
  - Allow the student to pick a book and ask a parent to come in and read it
  - Play an indoor game of the students choice
- Have a scavenger hunt for items or information in the classroom or around the school. Have children search for items related to a party theme
- Provide 'free choice' activity time at the end of the day
- Provide extra recess time
- Celebrate creatively by setting up craft stations and playing music in the background. Ask parents to provide any special supplies
- Plan special party games
- Have a dance party
- Read a children's book related to a party theme
- Allow children a trip to a treasure box (parents can supply it with books, notepads, coloured pencils etc)
- Allow students to pick a book of their choice and ask a parent to come in and read it

