



# A nutrition Fact Sheet



## School Celebrations without Sweet Treats

Many school celebrations are centered around high sugar, high fat foods, but this doesn't have to be the case. You can send healthy snacks or nonfood items with your children even if your school doesn't limit sweet treats. Choosing to send healthy snacks and nonfood items shows your commitment to promoting healthy behaviors.

### Why celebrate without sweet treats?

- When kids eat high sugar, high fat foods, they're missing out on nutrition necessary for growth, development, and protection from disease.
- Good nutrition plays a role in school performance and behavior.
- Healthy celebrations send a message consistent with nutrition lessons in schools.
- Offering healthy foods gives kids the chance to practice healthy eating.

### Honoring a birthday child in the classroom

Kids don't need to have treats to celebrate. Find out what your child's class does to recognize children's birthdays. Some ideas for the classroom are below.

- Have the birthday child wear a special sash, crown, or button.
- Allow the birthday child to be the first to do each classroom activity that day and/or be the line leader for that day.
- Have a special show and tell for the birthday child. Birthday kids can make and present a poster answering questions about what they like and what makes them unique. Or they can bring in photos or special things from home and tell the class about them.

### Healthier classroom celebration ideas

- Provide 'free choice' activity time at the end of the day.
- Plan special party games or make special crafts.
- Include a physical activity for the class, like kickball, a scavenger hunt, dance party, three-legged race, free time in the gym, etc.
- Teach a skill – like knitting or crocheting.
- Play board games.
- Have parent volunteers run different activity stations in the classroom (bingo, crafts, etc.).

### Before bringing in any foods, find out if...

- Any children in your child's class have food allergies.
- Your child's school allows homemade foods.
- Your child's school requires an ingredient list for homemade foods.
- Your child's school has a list of acceptable snacks.
- The snack you plan to bring is acceptable. (For example, does the teacher prefer 'grab and go' snacks, or is it OK to bring a smoothie and small cups?)
- Your child's school or classroom has any other rules about food and nonfood items to celebrate birthdays.



## Healthy food and nonfood item ideas

Have your child come up with healthy ways to celebrate his or her birthday at school. That could mean deciding on a healthy snack or choosing nonfood items. Have the child help prepare items if they need preparation. Use the ingredient suggestions below as building blocks for creative healthy snacks!

*Note: Think about food safety for foods that need to be refrigerated. If you won't be able to deliver the food at the time it will be eaten, consider sending it in a cooler with ice packs.*

- Pencils, erasers, bookmarks, stickers, or other party favors
- Fruits and vegetables – can be served whole, sliced, cut in half, cubed, or in wedges. Can be served with a healthy dip. Many creative ways to serve fruit can be found on the internet!
- Fruit or vegetable mini-muffins (banana, apple, pumpkin, zucchini, etc.)
- Fruit kabobs or fruit and cheese kabobs
- Trail mix
- Fruit smoothies
- Yogurt parfaits
- Whole grain crackers or chips
- Lowfat cheese
- Whole grain pretzels
- Air-popped popcorn
- Whole grain cereals
- Applesauce or other fruit cups

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## Quick and Easy Veggies and Dip

Yield: 8 servings • Serving Size: ½ cup veggies and 1/6 cup dip

### Ingredients for dip:

- 1 cup plain lowfat Greek yogurt
- ½ cup 1% milk
- 1 packet dry ranch seasoning mix

### Ingredients for veggies:

- 1 cup carrot sticks
- 1 cup celery sticks
- 1 cup cucumber, sliced
- 1 cup broccoli florets

1. Chop veggies.
2. Combine yogurt, milk, and seasoning packet in a mixing bowl and whisk until smooth.
3. Serve immediately or store in refrigerator for up to 1 week.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1/2 cup veggies and 1/6 cup dip (86g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>45</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 63mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 103mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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