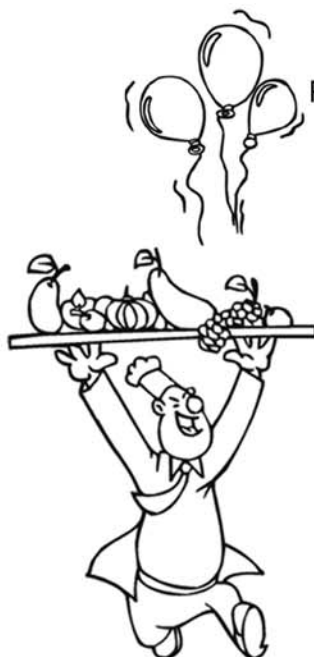


Healthy School Parties

Everyone looks forward to a party. Parties are a fun opportunity to celebrate, but school parties don't always need to be centered around cupcakes, potato chips and soda. With a little imagination, parties can be fun and still provide healthy, nutrient rich foods. Parties offer the opportunity for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Give healthy partying a try with the following foods:

- ◆ Low-fat milk---plain, chocolate, straw berry, vanilla
- ◆ 100% juice---orange, apple, grape, cranberry---single servings
- ◆ Water---including flavored water
- ◆ Fresh fruit with yogurt dipping sauce
- ◆ Apples with caramel dip
- ◆ Fruit and cheese kabobs
- ◆ Fruit with whipped topping---straw berries 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
- ◆ Nuts, seeds



- String cheese ◆
- Low-fat pretzels or popcorn ◆
- Graham or animal crackers ◆
- Pizza with low-fat toppings---veggies, lean ham, no extra cheese or more than one meat ◆
- Sandwiches---ham, turkey, cheese (low fat condiments) ◆
- Low-fat pudding cups ◆
- Low-fat yogurt ◆
- Low-fat yogurt smoothies ◆
- 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 ◆

WHAT ABOUT CUPCAKES?

A cupcake or piece of birthday cake can easily fit into a healthy diet. Keep cake a "sometimes" food by having all students with birthdays in the same month celebrate on one day. This limits parties with cake and other sugary and high fat foods to less than once a month.

