

Healthy Celebrations

Promoting a Healthy School Environment

Birthday parties and holiday celebrations at Immanuel provide a unique opportunity to help make healthful eating fun and exciting for children. Immanuel can take advantage of classroom celebrations to serve food that tastes good, is nutritious, and provides students with an opportunity for nutrition education experiences.

But It's Just a Cupcake. . . 

Typically, foods for school celebrations include cupcakes, candy, cookies and soda. So what's the harm? There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception.

In an Effort to Promote a Healthy School Environment Our Birthday Treat Policy for the 2010/2011 School Year Requires Students to Bring in a Healthy Snack.

Benefits of Healthy Celebrations

Healthy Kids Learn Better Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, we must also provide an environment that supports healthy behaviors.

Provides Consistent Messages Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning.

Promotes a Healthy School Environment In order to positively change eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it. Healthy celebrations are an important part of providing a healthy school environment.

Creates Excitement About Nutrition Children are excited about new and different things. Holiday treats and traditional birthday parties with cake will still be available at home.



Please Do Bring In:

Mini Bagels (whole wheat preferred)
Granola Bars
Mini Apple Cinnamon Bran or Oatmeal Muffins
Whole Wheat Crackers and Cheese
Fruit Kabobs (Strawberries, grapes & melon work well)
Frozen Yogurt with Fresh Fruit
Dried Fruit Mix
Clementines
Orange Slices
Pineapple Chunks
Grapes
Fruit Smoothies (Yogurt with Fresh or Frozen Fruit)
Frozen Yogurt Bars or Sandwiches
Frozen Fruit Bars/Pops
Yogurt Cups with Granola Topping
Applesauce
Veggies and Dip
Ants on a Log (Celery with Cream Cheese Topped with Raisins)
Pretzels
Popcorn
100 Calorie Cookies Snacks with 0 Trans Fats
Low Fat String cheese
Apples



Other Ideas:

Stickers
Pencils
Rulers
Erasers
Folders
Bookmarks
Decks of Cards
Mini Puzzle Books
Magnets
Gel Pens
Post-it-notes



Please Avoid. . .

Marshmallows
Brownies
Cupcakes
Candy
Munchkins

Please remember to check with your child's teacher regarding food allergies before sending in a treat.