



FOR PARTIES

Celebrating accomplishments, special events, and holidays with a party is fun. Unfortunately, unhealthy foods have gone from “now and then foods” to the everyday and main focus at these events. Children are being diagnosed with what were once thought of as adult conditions like high cholesterol, high blood pressure, type 2 diabetes, and sleep apnea. Support the healthy lessons you teach in class by making sure parties and celebrations give students an opportunity to practice those healthy habits. When planning celebrations it is also important to consider ethnic and medical food restrictions, and allergies so that all students can be a part of the fun. Empower your students by having them use the lessons learned in class to plan these events and ask for volunteers to assist with the parties and bring in supplies.



Organize Games and Activities

Bingo	Glow in the dark games
Bowling	Freeze tag
Extra recess	Relay races
Dance party	Obstacle courses
Twister	Walk/Run
Thumb's up seven up	Service projects (MAKE BLANKETS FOR A LOCAL SHELTER, CRAFT KITS OR CARDS FOR LOCAL CHILDREN'S HOSPITAL, ETC.)
Duck duck goose (IT NEVER SEEMS TO GET OLD!)	

Food Ideas

Fruit kabobs	Low-fat popcorn
Veggie “bugs”	Cereal bar
Yogurt (FREEZE IT!)	Water
Yogurt sundaes (LAYER FRESH AND OR DRIED FRUITS, AND WHOLE GRAIN CEREAL OR GRANOLA)	100% juice
Whole grain muffins	Smoothies (FRESH FRUITS AND VEGETABLES)
Veggie pizza	Fresh salsa with baked chips (TOMATO BASED OR BEAN BASED SALSA)
Trail mix/gorp	Veggie Roll Ups
String cheese	Hummus with veggies or pita
Granola bars	

REFERENCES USED

MAFHK - Tips and Tools to Help Implement Michigan's Healthy Food and Beverages Policy (9/2004), Healthy Celebrations – Connecticut Department of Education

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