HEALTHY PARTY SIGN UP SHEET

Dear Parents and Caregivers:

We're having a party!

We're celebrating: _____

Date: _____ Time: _____ Number of students: _____

In an effort to provide students with the healthiest environment we can, and to adhere to the new *Michigan Nutrition Standards* that our school is following, we will be having ***fun and healthy*** classroom parties and celebrations this year. Please help us make sure that at least half of the items provided for parties are healthy options.

We also want to take the focus off of food so if you have a game to get kids up and moving or a craft that you would like to provide ideas are welcome! I will contact you to work out the details.

If you are able, please sign up to provide one of the choices below. If you sign up for one of the healthy snack items and aren't sure what to bring please contact me.

Thanks for helping to keep the health of your children a priority!

Sincerely,
Ms/Mr. _____ Phone: _____ E-mail: _____

I will provide a...

Healthy Snack (fruit or made with fruit):_____

Healthy Snack (vegetables or made with vegetables):_____

Healthy Snack (other, please describe): _____

A Healthy Drink: ____ JUICE (100%, 4-6 oz. EACH) **or** ____ MILK (1% OR FAT-FREE WHITE OR FLAVORED MILK, 4-10 oz. EACH)

Other Snack (small portions): _____

Craft:_____ **Game:** _____ **Cups:** _____ **Paper Plates:** _____ **Napkins:** _____

Ms/Mr. _____ Phone: _____ E-mail: _____

Please remember that we are trying to make our parties healthier and more fun for our students. The children will only eat a little bit of each thing, so please keep portions small. Thank You!