

HEALTHY CLASSROOM CELEBRATIONS IDEA SHEET

Make your next celebration extra special with these fun food swaps that trade traditional party foods for healthier versions that are equally delicious!

What are Smart Snacks?

Foods provided to students during the school day that are required to meet nutrition standards set in place by the United States Department of Agriculture.¹

School Year 2014-2015

was when Smart Snacks standards were implemented in schools across the United States.¹

Nearly 40%

of children in Arizona age 10-17 are overweight.²

Over 25%

of kids' daily calories may come from snacks.¹

Healthy Eating Patterns

help kids perform better academically.¹

Sources:

1. <https://www.fns.usda.gov/sites/default/files/tn/USDASmartSnacks.pdf>

2. <http://www.childhealthdata.org/browse/data-snapshots/nsch-profiles?rpt=16&geo=4>

For more information about Smart Snack standards, visit: <https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.



Cupcakes for whole grain muffins



Chips for hummus and chopped veggies



Traditional pizza for fun waffle pizzas with fresh fruit



Soda or punch for sparkling, fruit-infused water



OTHER NON-FOOD IDEAS



Extra physical activity time outside



Class activity time for games and puzzles



Extra art, music, or reading time

IDEAS FOR HEALTHY SCHOOL FUNDRAISERS

What kind of message does healthy fund raising send to students?

It promotes positive lifestyles and shows a school's commitment to promoting healthy behaviors.¹

What is the impact of physical activity and healthy nutrition on students in the classroom?

Healthy students tend to have better grades, school attendance, and are better learners overall.²

Try hosting a: Color Fun Run, Walk-a-thon, Jog-a-thon, Run-a-thon, or Bike-a-thon to promote physical activity.²



Instead of bake sales with cookies and cakes, choose to sell nutritious foods in line with the Smart Snacks standards such as popcorn or fresh fruit.²



Selling school gear, such as t-shirts, hats, lanyards, car decals or school supplies with the mascot or logo on them, is a great way to spread school pride.²



Fun non-food items to sell are plants, seeds, candles, stadium seats, coupon books, coffee mugs, refillable water bottles, seasonal wreaths, or calendars.²



Sources:

1. <http://www.k12.wa.us/ChildNutrition/SchoolWellness/HealthyFundraising.PDF>
2. https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf