



921 LAFAYETTE STREET  
CAPE MAY CITY, NJ 08204 (609) 884-8485  
visit us on the web: [www.cmchoe.org](http://www.cmchoe.org)  
e-mail: [office@cmchoe.org](mailto:office@cmchoe.org)

## *Tips for Hosting Healthy School Celebrations*

Creative planning and following some simple ideas, it is still possible for room parents to throw fun and healthy school celebration throughout the school year.

***Please be sure to check with your child's teacher for the ideas or activities that will work best in the classroom.***

### ***Some Alternatives to Sweet Treat themed parties:***

- ☺ Let the kids create something with art supplies.
- ☺ Allow the kids to prepare their healthy food snacks.
- ☺ Read a book to the kids.
- ☺ Set up craft stations.

Healthier school parties also focus on healthier school foods. Many school wellness programs have the list of healthy food ideas that can be served to children. Find creative ways of serving healthy foods rather than bringing in unhealthy options. The School Cafeteria can supply both healthy snacks and 100% fruit juice or low fat/skim milk choices for in school celebrations.

### ***Healthy Party Treats suggestions for School Celebrations***

- ☺ Applesauce cups (no sugar added)
- ☺ Mini boxed raisins
- ☺ Trail mix
- ☺ 100% fruit boxes
- ☺ Pretzels

- ☺ Fruit smoothies from blended fruits and berries
- ☺ Fresh fruit assortments
- ☺ Angel food cake with fruit
- ☺ Whole grain bagels, English muffins topped with jam, fruit or low fat cream cheese.

*Food items should be sent into/brought into school in original sealed packaging that includes the ingredient list. (in cases of food allergies this will be needed)*

### ***No Calorie Treats for Health School Parties***

Some fun no-calorie treats or healthy alternatives to sweets:

- ☺ Pencils and pens
- ☺ Coupons
- ☺ Key chains
- ☺ Shoelaces
- ☺ Bracelets
- ☺ Barrettes
- ☺ Note pads
- ☺ Play tattoos
- ☺ Pencil toppers
- ☺ Bubbles

Parents interested in hosting healthy school parties just need to plan and think out of the traditional sugar-coated box to find easy ways to throw healthier school celebrations. Cape May City Elementary School Cafeteria Staff is available and glad to help with your classroom celebration! Call us at 609-884-8485 ext. 230