NON-FOOD CELEBRATION IDEAS



CHOOSE A PRIZE

Pencils or erasers

Stickers

Books

Enter a drawing or raffle for a bigger prize

Earn tokens or points toward a prize



GET MOVING

Lead a special physical activity break

Host a special event such as a dance or kiteflying party

Provide extra recess or PE time

Turn on the music and let students dance for a few minutes

Have a themed parade around your school



SHAKE UP YOUR ROUTINE

Let student choose a special activity or be a teacher's helper

Allow student to select a special book or invite a guest to read aloud

Go on a scavenger hunt

Host a special dress day where students can wear hats or pajamas



SHOW RECOGNITION

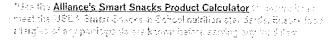
Give a certificate or ribbon

Post a sign in the classroom or on a prominent bulletin board

Give a shoutout in the morning announcements

For birthdays, allow child to wear a crown or special sash

HEALTHY SNACK & BEVERAGES IDEAS*





BEVERAGES

Water

100% fruit juice with no added sugar

Fat-free or low fat milk

Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)

100% fruit juice slushes with no added sugar

Silly Water—add fruit and herbs to plain water for fruitinfused blend



FRUITS & VEGGIES

Fresh fruit—trays, salads or kabobs

Fresh vegetables trays, salads or kabobs

Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)

Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)

Frosty fruits—freeze your own fruit (frozen grapes make a great summer treatl)

Dried fruit with no added sugar



WHOLE GRAINS

Whole grain crackers, pretzels or cereal bars

Small whole grain bagels or waffles or pancakes topped with fruit or nut or seed butter

Low-fat or airpopped popcorn (no added butter or salt)

Graham crackers

Baked whole grain tortilla chips with salsa or bean dip



PROTEINS

Fat-free or low fat yogurt (serve alone or as dip for fruits or veggies)

Nut or seed butter (serve with fruit or whole grain crackers)

Nuts or seeds

Trail mix made of nuts or seeds and dried fruit with no added sugar

Low-fat cheese (serve with fruit or whole grain crackers)

Hummus (serve with vegetables or whole grain crackers)

