



BIRTHDAY PARTIES!

Keep in mind that each student's birthday can mean multiple celebrations: one at home with family, a party with friends, and then another at school. Food need not be part of *school* parties. Instead, find ways to recognize the child, celebrate them, and make them feel special.

Ways to celebrate a birthday & recognize a child on their special day:

- ◇ Make a sign, sash, crown, button, or badge for the birthday child
- ◇ Let the birthday child be the teacher's assistant for the day; they can do special tasks like make deliveries to the office or be the line leader
- ◇ Let the birthday child choose an activity or game
- ◇ Allow the student to pick a book and ask the principal or a parent to come and read it
- ◇ Play an indoor game of the student's choice

HEALTHY PARTY SNACKS

Serve snacks with fun plates, napkins, cups, or straws or have a tasting party where children can vote for their favorite healthy snack.

Use cookie cutters to make sandwiches or fruit more interesting!

- ◇ Fruit Smoothies (see recipe)
- ◇ Trail mix (pretzels, dried fruit, whole grain low-sugar cereals, sunflower or sesame seeds, etc.) Parents can bring in the ingredients and kids could make their own
- ◇ Fruit Kabobs made with a variety of fruits
- ◇ Yogurt parfaits with non-fat or low-fat yogurt, low-fat granola and fruit
- ◇ Angel food cake topped with fresh fruit
- ◇ Light or low-fat popcorn
- ◇ Low-fat pudding
- ◇ Applesauce or other fruit cups
- ◇ Raw veggies served with low-fat dip like salad dressing or hummus
- ◇ Berries with low-fat whipped topping (Cool Whip)
- ◇ Bananas or strawberries & chocolate syrup as a dip
- ◇ Graham crackers with jam or apple butter
- ◇ Fresh apple slices with caramel or yogurt dip (see recipe)
- ◇ Have each parent bring in one type of fruit and kids can make their own fruit salad
- ◇ Raisins or dried fruit such as bananas, apples, peaches, apricots, plums, etc.
- ◇ Whole grain tortilla chips and salsa
- ◇ Whole grain crackers like Triscuits with reduced-fat cheese



RECIPE

FRUIT MUFFINS

*Preheat oven to 400 degrees

In a small bowl sift together:

1 3/4 c whole wheat pastry flour

3/4 tsp. salt

1/4 c sugar

2 tsp. baking powder

In a large bowl:

Beat 2 eggs

Add 2 T vegetable oil

plus 3/4 c skim milk

Combine liquid and dry ingredients together with a few swift strokes (don't over mix). Add 1/2 c mashed ripe banana *Or* 1/2 c chopped apple. Spray muffin tin with cooking spray oil and fill muffin cups 3/4 way full. Bake at 400 degrees for 20-25 minutes.

*Recipe yields 1 dozen muffins

