



## Healthy Celebrations

We love to celebrate and we know that you do too. It is especially fun to celebrate with our children. Unfortunately celebrations, whether they are about birthdays, holidays, or just for fun, are often associated with unhealthy foods. In keeping with the revised Student Wellness Policies from Buncombe County and Asheville City Schools, we encourage you to think about alternatives to unhealthy foods. We want to celebrate good health and lots of fun! Here are some great ideas to help create healthy celebrations.

### Food suggestions:

- 100% Fruit popsicles (Dole or Bryers are a couple of examples.)
- Fruit kabobs (A slice of star fruit on the top makes it look like a magic wand.)
- Cut up veggies with dip
- Sliced fruit with dip
- Single serving apple sauce
- Yogurt parfaits made with low-fat, lower-sugar yogurt (Watch for artificial sweeteners.)
- Whole grain tortilla chips with salsa
- Whole grain crackers with low fat cheese (Cheese can be cut into fun shapes.)
- Trail mix (Parents can bring in ingredients and children can make their own. Just be aware of nut allergies and avoid candy pieces.)
- Warm apple cider (for fall celebrations)
- Berries with a little whipped cream
- Pretzels, wheat thins, graham crackers, or fig bars
- Cut fruit served in ice cream cones

### Non-food Ideas:

- Age appropriate non-food goodies (stickers, pencils, bookmarks, etc.)
- Donate a book that has the birthday child's name and birthday written in the front. Read it as a special treat for the birthday child.
- Bring fun plates, napkins, and cups for lunch or snack
- Make a sign, sash, crown, button, or badge to celebrate the birthday child
- Let the birthday child be a special teacher assistant for the day
- Eat lunch or snack outside as a special birthday picnic
- Play a special birthday game or let the child choose a favorite activity for that day
- Have a parade or a dance party
- Have a scavenger hunt
- Have a prize box with donated non-food items  Decorate!



You can find more information from the following resources:

- <http://www.buncombe.k12.nc.us/Page/27487>
- [http://www.kchealthykids.org/Resource\\_/ResourceArticle/29/File/HealthyAlternativesforSchoolSnacksandRewards.pdf](http://www.kchealthykids.org/Resource_/ResourceArticle/29/File/HealthyAlternativesforSchoolSnacksandRewards.pdf)
- <https://cspinet.org/eating-healthy>
- [http://www.mdpta.org/documents/Healthy\\_Celebrations.pdf](http://www.mdpta.org/documents/Healthy_Celebrations.pdf)

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