

## **Parkland Health and Wellness Committee September Newsletter 2011**

### **Birthday Party Treat Suggestions**

As we prepare to send our children back to school, we do realize that many parents like to send in birthday treats to school. It is always great if we can keep them as healthy, fun treats! Here are some ideas for healthy celebrations at school.

### **Birthday Treat Ideas**

- Pencils, erasers, stickers, and other small school supplies
- Fresh fruit kabobs
- Fresh fruit cups – use seasonal fruits; can top with nonfat whipped topping
- Whole fruits of the season
- Cut up fruit with yogurt dip
- Fresh vegetable trays with yogurt or ranch dip
- Air-popped popcorn
- Pretzels
- Crackers and low fat cheese; try letting the children cut sliced cheese with cookie cutters
- Baked chips and salsa
- Low fat breakfast or granola bars
- Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- If using cookies, best choices oatmeal, oatmeal with raisin, ginger snaps or other cookies that include whole grains.
- Angel food cake with fresh fruit
- Chocolate or vanilla pudding made with nonfat milk & served in party cups
- Fruit smoothies
- 100% fruit juice