LET'S PARTY!

Real Food for Kids - Montgomery would like to suggest some ideas for making classroom parties healthier.

1. Serve a selection of healthy snacks first, followed by one sweet treat.

2. Serve H2O instead of fruit juice or soda.


SWEET TREATS? Only 1 please!

Muffins
Mini cupcakes
Frozen yogurt
100% fruit juice bars
Banana, zucchini or pumpkin bread slices
Yogurt “Sundaes” with fruit
Trail mix with coconut, chocolate chips, pretzels, dried fruit & sesame sticks

Healthy Snacks
Apple slices, strawberries, grapes, melon chunks, pineapple chunks, watermelon wedges
Fruit salad or fruit kabobs
Baby carrots, cucumber wheels & celery with low fat dip or cream cheese
Pumpkin and sunflower seeds
Popcorn
Whole grain pretzels or chips
Baked tortilla chips with dips (hummus, salsa, etc.)
Granola bars (low sugar)
Cheese sticks