LET'S PARTY!

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



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

SERVE H2O INSTEAD OF FRUIT JUICE OR SODA



Give away non-edible prizes instead of candy



Muffins

Mini cupcakes

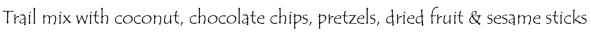
Frozen yogurt

100% fruit juice bars

Banana, zucchini or

pumpkin bread slices

Yogurt "Sundaes" with fruit





Heathy 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

