

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**

3 Give away non-edible prizes instead of candy



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

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

