

Healthy Classroom Party Ideas

San Mateo-Foster City School District promotes healthy eating and physical activity. Healthy behaviors can have a positive impact on students' daily attendance, learning, behavior, and help influence life-long healthy lifestyle habits.

Healthy Snacks

- Fresh Packaged Fruit
- Packaged Vegetables
- Reduced-fat cheese
- Whole grain crackers
- Popcorn (air popped)
- Low-fat, low-sodium, whole-grain pretzels
- Edamame
- Dips: hummus or low-fat dressing
- Dry cereal mix (ex: Cheerios, Chex)
- Water (still or sparkling) or 100% fruit juice



Healthier Desserts

Limit desserts to one or two small portion items. Some dessert options are:

- Whole grain Fig Newtons
- 100% fruit juice bars
- Pre-packaged fresh fruit salad
- Strawberries with whipped cream
- Yogurt parfaits with yogurt, granola, and fruit



Healthy Celebrations

- Make moving part of the event
- Play charades, group or board games
- Plan a scavenger hunt
- Create an obstacle course
- Hold a dance party
- Hula hoop contest
- Jump rope contest
- Extra recess time



Themed Parties

Halloween

- Roasted pumpkin seeds
- Grapes = *Ogre Eyeballs*

Harvest or Thanksgiving

- Fruit trail mix
- Apple or Veggie Chips



Valentine's Day

- Strawberries, raspberries, or dried cranberries
- Fresh veggie tray with roasted red pepper hummus

Spring

- Pre-packaged, fresh fruit salad with yogurt dip
- Baby carrots
- Boiled eggs

Birthday Ideas

- Celebrate birthdays once a month
- In a circle, share appreciations/kind stories
- Teacher's assistant for the day or line leader
- Choose and/or read class story; donate a book
- Create a birthday book
- Share photo timeline
- Birthday show and tell
- Special art activity or game
- Bookmarks, pencils, stickers



Please check with the teacher before bringing food or drinks into the classroom so we can be mindful of classmates who have dietary restrictions due to medical needs (diabetes, celiac, food allergies, food intolerances to food dyes, etc.), vegetarians, vegans, and/or religious preferences. This regularly updated Safe Snack Guide can help in choosing foods free of peanuts, soy, or eggs:

<http://snacksafely.com/safe-snack-guide/>

San Mateo-Foster City School District Board Wellness Policy 5030

- The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students.
- Parents/Guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.
- **All food items brought on campus...for celebrations should be store bought, prepackaged, and pre-wrapped items with a label listing ingredients so students with food allergies are protected from accidental exposure.**
- **No home-cooked meals should be served to students at school parties or events in order to minimize the risk of food borne illness.**