

Healthy Classroom Party Ideas

San Mateo-Foster City School District promotes healthy eating and physical activity. By promoting healthy behaviors, you can have a positive impact on students' daily attendance, classroom participation, test scores, behavior, and help influence life-long healthy lifestyle habits.

Healthy Snacks

- Fresh Fruit
- Vegetables
- Low-fat string cheese
- Whole grain crackers
- Popcorn (air popped)
- Low-fat and low-sodium pretzels
- Rice crackers (whole grain)
- Dips: hummus or low-fat dressing
- Dry cereal mix (ex: Cheerios, Chex)
- Water (still or sparkling)



Healthier Desserts

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

- Fruit salad
- Fig Newtons
- 100% fruit juice bars
- Chocolate dipped fruit
- Strawberries with whipped cream
- Yogurt parfaits with yogurt, granola, and fruit



Healthy Celebrations

- Make moving part of the event
- Try out some healthier recipes
- 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

Harvest or Thanksgiving

- Fruit trail mix

Valentine's Day

- Strawberries, raspberries, or dried cranberries

Spring

- Fruit salad with yogurt dip

End of the Year or Summer

- Fresh fruit kabobs



Birthday Ideas

- Sit in a circle and go around saying something nice
- Celebrate birthdays once a month
- Teacher's assistant for the day or line leader
- Choose class story or donate a book
- Create a birthday book
- Share photo time line
- Stickers
- Pencils
- Bookmark



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.

San Mateo-Foster City School District ~ 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.