**Healthy Celebrations!**

**Healthy celebrations**
- Are the responsibility of families, schools, and communities
- Can reinforce nutrition and physical activity

**Benefits of healthy celebrations**
- Provide a consistent message
- Prevent risk of food allergy reactions
- Help fight childhood obesity
- Create excitement about nutrition
- Help kids learn better

**Celebrate the child**
- Focus more on the child and less on food.
- Make a wall of fame of the child.
- Make a book with positive messages from classmates or family and friends.
- Write a song or poem about the child.
- Plant a tree or flowers in honor of the child.

**Using food as a reward**
- Provides excess calories
- Encourages overeating of less healthy foods
- Increases preference for sweets
- Prompts children to eat when not hungry

**Healthy party snacks**
- Mini fruit kebobs with low-fat yogurt for dip
- Quesadillas (with low-fat cheese and veggies)
- Angel food cake with fresh fruit
- Trail mix (with whole-grain cereal, dried fruit, pretzels or popcorn)
- Whole-grain English muffin pizzas (with low-fat cheese and veggies)
- Fruit smoothie
- Milk (add food coloring for fun)

**Party activity ideas**
- Hide and seek
- Dancing
- Hopscotch
- Kick ball
- Simon says
- Card or board games
- Hula hoop or jump rope contest

**Ideas for rewards**
- At school:
  - Stickers, pencils, erasers
  - Homework pass
  - Break with special reading time
- At home:
  - Bowling or movie passes
  - Outing to the park or zoo
  - Go for a walk or bike ride together

**Healthy party snacks**

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/stamp.