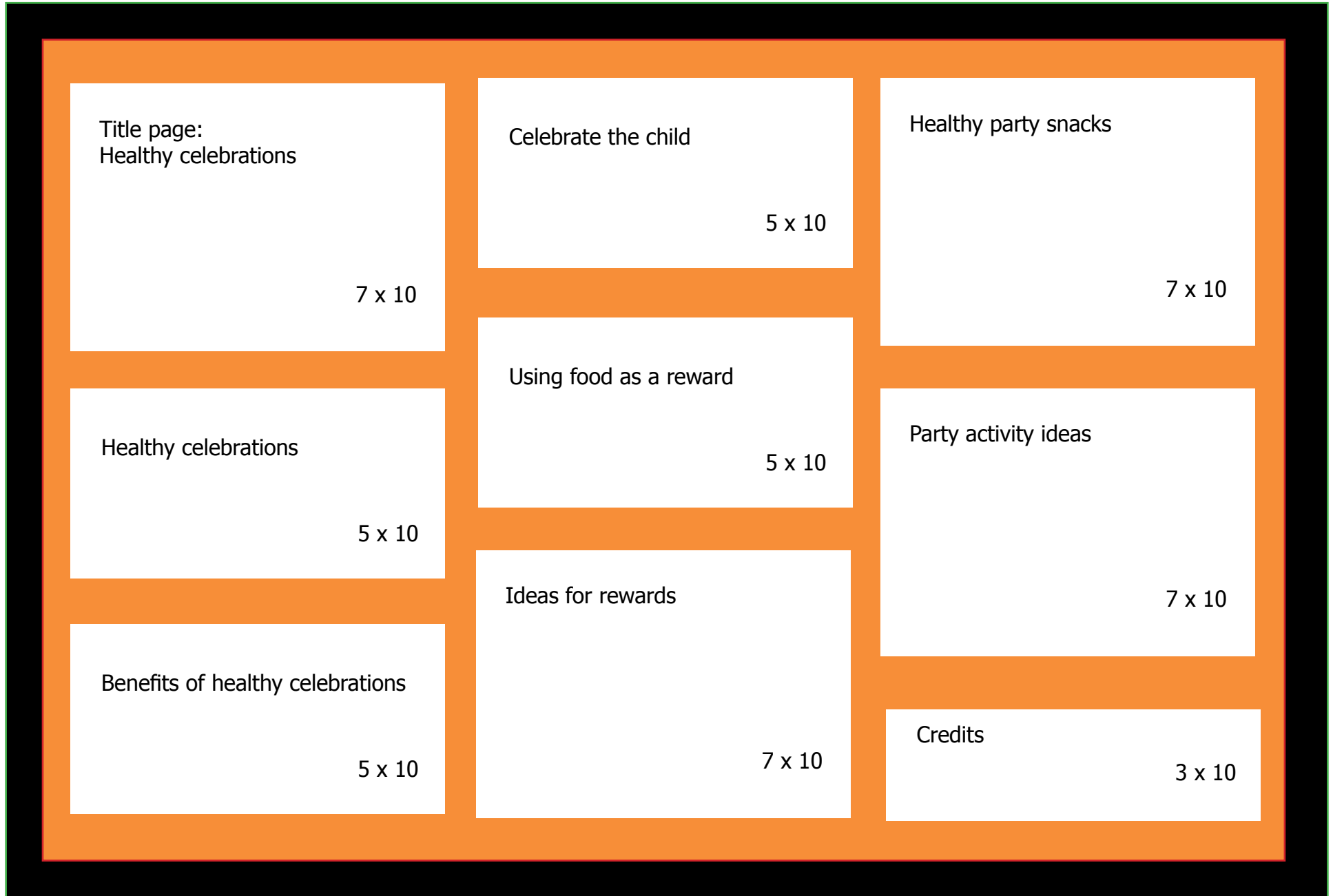


Suggested layout:

outer board measures 23" tall x 35" wide  
cork part measures 21" tall x 33" wide





**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

- Compromises classroom learning
- Provides excess calories
- Encourages overeating of less healthy foods
- Increases preference for sweets
- Prompts children to eat when not hungry

# 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



- 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



Funded in part by USDA SNAP.

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/fstamp](https://dss.mo.gov/fsd/fstamp).

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