

HEALTHY CELEBRATIONS

Healthy celebrations provide an opportunity to make healthy eating fun for children, while promoting positive choices.



If food is offered, include fruits, veggies, whole grains, low-fat dairy and water for beverages.

Benefits of healthy celebrations:

- Provide a consistent message about food
- Help fight childhood obesity
- Create positive associations with healthy food and activity
- Encourage healthy habits that will last a lifetime

Why is using food as a reward discouraged?

- Provides excess calories and added sugar
- Encourages overeating of less healthy foods
- Makes treat foods seem even more desirable
- Promotes eating when not hungry

Party activity ideas:

- Provide small nonfood items, such as colored pencils, jump rope, erasers, stickers or bubbles.
- Create a healthy party idea book. Ask friends and family to share healthy recipes for snacks or ideas for activities, games and crafts.
- Instead of a sweets table, create a fruits and veggies table with a variety of options.
- Take the focus off food. Plan fun activities that get everyone moving.

Celebrate the child.

- Make a wall of fame for your child to celebrate their achievements.
- Make a book with positive messages from family and friends.
- Plant a tree or flowers in the garden or backyard.
- Let your child pick a movie or game for the family to enjoy together.

