



Healthy Celebrations

Making the Healthy Choice the Easy Choice

School celebrations provide a unique opportunity for fun while practicing healthy food choices. Schools can take advantage of classroom celebrations to serve food that tastes good, is nutritious, and provides students with an opportunity for nutrition education experiences.



But it's Just a Cupcake...

Typically, foods for school celebrations include cupcakes, candy, cookies, and soda. So, what's the harm? There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception. Children are constantly being exposed to high-fat, high-sugar, low-nutrient food choices no matter what the event, activity, or place.

Our children's overall eating habits are poor. Most children do not eat enough fruits, vegetables, or whole grains. Obesity rates among children are on the rise, with serious health consequences. Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices. By providing students with nutritious choices wherever food is available (including the classroom), schools can positively influence children's eating habits.

Benefits of Healthy Celebrations



1. Healthy Kids Learn Better

Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, (school) must also provide an environment that supports healthy behaviors.

2. Provides Consistent Messages

Providing healthy classroom celebrations demonstrate a school commitment to promoting healthy behaviors. It supports health lessons, instead of contradicting them. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning.

3. Promotes a Healthy School Environment

To positively change eating behaviors, students need to receive consistent, reliable health information and opportunities to use it. Healthy celebrations are an important part of providing a healthy school environment.

4. Creates Excitement about Nutrition

Children are excited about new, different things, including fun party activities and healthy snacks. Teachers need not worry that children will be disappointed if typical party foods aren't served in school. Holiday treats and traditional birthday parties will still be available at home.

5. Protects Children with Food Allergies

When parents send in food, it is difficult to ensure the safety of children with food allergies. Schools can protect food allergic children by providing nonfood celebrations or, if food is served, making sure items have food labels.

Nutrition Philosophy during students school day

School meals are the main source of nutrition.

Snacks are to:

1. Supplement the meal
2. Help, not hinder, students' nutrition
3. Provide serving size and calories based on age and activity
4. Consume infrequently

Parents can decide on use of discretionary calories at home.