Classroom Parties & Celebrations

We all love a birthday or holiday celebration, but it is important to remember good nutrition when bringing in snacks for your child and their classmates. **Please send only commercially packaged, unopened food items whenever possible and be mindful of any classroom allergy notifications.** Here are some recommendations:

Fresh Fruits & Vegetables

- Apples, oranges, bananas, grapes, or other fresh fruit
- Individual sealed fruit cups (packed in 100% juice)
- Carrot sticks or celery sticks

Whole Grain Snacks

- Whole grain crackers
- Graham crackers or animal crackers
- Dry whole grain cereal cups
- Pretzels
- Air-popped popcorn
- Baked chips
- Bagels

Snack Bars & Dried Fruit

- Granola bars
- Whole grain cereal bars
- Raisins
- Craisins (dried cranberries)
- Trail mix (please be mindful of any classroom allergy restrictions)

Dairy Options

- Low-fat string cheese
- Cheese cubes
- Low-fat pudding cups

Baked Goods

- Reduced-sugar muffins
- Banana bread
- Raisin bread

Beverages

- 100% fruit juice boxes or pouches
- Water

* Try to avoid high-sugar treats. Cake, cookies, and candy should only be given on occasion.

Here are some websites to learn more about child nutrition and healthy snack ideas:

https://www.nutrition.gov/topics/nutrition-life-stage/children USDA guidelines for children

https://www.healthychildren.org/ American Academy of Pediatrics resources