

## Holiday Theme Ideas

General Food Ideas: #note: peanut butter, nuts may be allergenic

- Focus on the holiday, person, or event rather than the food.
- Plan creative experiences such as art, music, or simple food preparation.
- Plan party games and activities. Ask parents to provide game supplies instead of food.
- Involve students in planning and preparing by making decorations and favors.
- Avoid using food as rewards or prizes.
- Air-popped popcorn
- Pretzels
- Crackers and peanut butter#
- Baked chips and salsa
- Cut up fruit with yogurt dip
- Cut up veggies with yogurt/ranch dip
- Low fat breakfast or granola bars
- Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds#
- 1% milk
- 100% fruit juice
- Sparkling water

## Birthday Parties

- Honor the child with a special button, badge, or crown.
- Allow the child to be "first" at something that day.
- Instead of food, ask the parents to donate a book for the classroom or school library in the birthday child's name.
- Have the parents read it to the class.
- Sing "Happy Birthday!"
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
- Ham, cheese or turkey sandwiches or wraps (with low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Quesadillas or bean burrito with salsa

## Halloween

*There's more to Halloween than just candy.*

- Explore the history and legends behind Halloween.
- Make homemade masks.
- Roasted pumpkin seeds
- Pumpkin bread muffins

## Thanksgiving

- Give thanks for what we have and for the people we have in our lives. Write a letter expressing our gratitude to someone special.
- Explore gratitude through poetry, art, or writing.
- Nut# and dried fruit trail mix
- Corn bread

**Christmas, Hanukah, Kwanzaa**

*Community outreach is a natural activity at this time of year. Use money that would be spent on food for a worthy community cause.*

Examples:

- Decorate pillowcases for a homeless shelter.
- Make holiday cards for a nursing home.
- Collect animal treats for the animal shelter.
- Popcorn mixed with red and green peanut# M & M's

**Valentine's Day**

- Ask each student to write a positive attribute of each classmate and pass them out for valentines.
- Explore ways that love manifests through poetry, art, or writing.
- Angel food cake topped with fresh strawberry slices

**St. Patrick's Day**

- Sugar free cookie shamrocks
- Explore the legends and history behind St. Patrick's Day.

**Easter/Spring**

- Explore themes of renewal, nature's cycles, and new growth through reading, art, writing.
- Plant bulbs in the school yard in the Fall so they can be experienced in the Spring.
- Fill baskets with books and school supplies.
- Fruit salad with yogurt