

Classroom Treats with a Twist

Birthdays and holidays are often celebrated with classroom parties at school. If your child wants to bring treats to share with classmates, instead of cupcakes and cookies, consider these healthful and fun treats. *Note: Always check with your child's teacher to see if any students have food allergies.*

- Celery stalks filled with reduced-fat peanut butter and raisins. Kids call these "ants on a log."
- Fruit kebobs with low-fat whipped topping.*
- Fruit snacks made with 100-percent juice.
- Mini peanut butter and jelly sandwiches made with cookie cutters.

Instead of food items, kids also like:

- Stickers
- Erasers*
- Pencils
- Plastic jewelry*

** These items could be a choking hazard for young children, so adjust your treats accordingly.*

Make fun the focal point of classroom celebrations, not food. Research shows that children do not focus on the food and enjoy healthier food choices just as well. More importantly, healthy choices in the classroom help children learn to make healthier decisions throughout their lives.