

## Healthy Celebrations

Classroom events can be fun, exciting... and healthy! For your child's next classroom celebration, help to make the healthy choice the easy choice and send a nutritious treat for everyone to enjoy!

Try one of these healthy menu ideas for classroom celebrations:

- Fresh fruit kabobs with vanilla yogurt for dipping
- Whole grain crackers and lower-fat cheese cubes
- Air popped popcorn and fresh fruit
- Whole grain muffins and fresh orange wedges
- Fresh vegetable stick skeleton with 'brain' dip

Providing healthy snacks not only supports the Ministry of Education's School Food and Beverage Policy (P/PM 150), but also reinforces the classroom healthy eating lessons and encourages nutrient rich, dentally friendly fun!

Together we can make the healthy choice the easy choice!

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