

## 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!

Revised from Nutrition Tools for Schools® 2007  
Ontario Society of Nutrition Professionals in Public Health, Jan. 2011