



Healthy Birthday Treats

As a district we are working on transitioning to healthier snacks and birthday treats for the kiddos. I am asking for your support in helping me promote healthy choices for the students. "Health-friendlier" options that you may consider are listed below. I encourage you to allow your child to be a part of the selection of the birthday treat from a range of healthy parent-led choices. I am hoping the children will be very proud of themselves and their families when they bring in healthy treats for their classmates.

Thank you for your support!
Mrs. Spata

SUGGESTIONS FOR HEALTHY TREATS!

- popcorn
- low sugar cookies
- soft pretzels
- granola bars
- mini-whole wheat bagels
- muffins
- Crackers and Cheese
- frozen yogurt
- fruit kabobs
- watermelon, orange slices, grapes, strawberries
- raw veggies with dip
- frozen fruit bars
- ants on a log
- string cheese
- graham crackers/animal crackers
- non-food items (pencils, erasers, stickers, etc.)
- Jell-o topped with a low-fat whipped cream
- Baked tortilla chips with salsa
- Apples dipped in caramel sauce
- Trail mix
- Yogurt and granola
- Jell-o jigglers
- Angel food cupcakes with a strawberry on top.
- Rice Krispie treats
- Balloon bouquet – each child can pick a balloon
- Read a birthday book to the class

BANANA POPS

Bananas
Popsicle sticks
Peanut butter, softened
Chopped peanuts or walnuts, granola, crispy rice cereal or sunflower seeds
Peel the bananas. Cut them in half, widthwise, and push a Popsicle stick through the cut end of each half. Spread peanut butter on the bananas, then roll them in the nuts, cereal or seeds. Wrap them in waxed paper and freeze for 3 hours.

Have a Happy—and—Healthy
Birthday!!!!



Check out this website for more ideas...

<http://familyfun.go.com/recipes/serious-about-snacks-714779/>