

Healthy School Birthday Ideas



A child's school birthday celebration should be centered around the child; instead, it has become centered around cupcakes. Parents bring in these unhealthy treats and kids rejoice. Yet with the current child obesity and weight issues we are seeing in our children, we at Alliance are rethinking how we can celebrate the accomplishments of our children without putting their health at risk. In response, we have created this list of healthy birthday school celebrations. Enjoy them! And please, let us know if you have any additional suggestions.

Non-Food Options:

- 1) We can allow class to use their activity time to honor a student's birthday and allow the birthday child to choose an active activity or game. The birthday student's parents are welcome to participate.
- 2) Craft project: Bring in supplies so each student can make a birthday card for the birthday child.
- 3) Parent reads selected book of choice to class.
- 4) Provide goodie bags with stickers, pencils, pens, school supplies, crayons, noise makers etc.
- 5) Decorate a birthday hat.
- 6) Bring in coloring books for each student. Have each child color a page from their book and then hang up the masterpieces and have a 'gallery showing'.

Healthy (Or At Least Healthier) Food Options:

- 1) Baked potato chips or 100 calorie snacks.
- 2) Fruit cups, Jell-o cups, pudding or applesauce.
- 3) Fresh fruit topped with low-fat whipped cream.
- 5) Kids Yogurt (Go-gurts)
- 6) Instead of regular ice cream bring in frozen fruit bars, sorbet or water ice.
- 7) Create a trail mix: Let each child choose their own mixture of whole grain pretzels, multi-grain chex, and dried fruit.
- 8) Apples slices with caramel dipping sauce.
- 9) Baked tortilla chips with salsa.
- 10) 100% fruit juice or water
- 11) Carrot/Celery Sticks with low-fat ranch dressing

