Birthday Celebration Guidelines

Children’s birthdays are great to celebrate at school and with 20-25 students in each class, keeping birthday celebrations healthy and fun for everyone is important. Serving healthy snacks to our children provides good nutrition and supports lifelong healthy eating habits.

Below is a list of healthy birthday celebration choices approved by ISM.

**Make a donation!**
Donate a book to your child’s class or to the school library.
Donate a puzzle or game to your child’s classroom for rainy day recess or free time.
Donate sports equipment to your child’s classroom or to the School Safety Monitor for recess use.

**Bring a non-edible treat to pass out to the other students!**
New crayons, pencils, markers, or stickers always make a great treat to pass out to classmates.
Small toys, like bouncy balls, finger puppets, sports cards, friendship bracelets, mini playdough are fun and easy to pass out as well.

**Bring a healthy snack!**
Fruits & veggies; individual servings are preferred.
Pretzels, soft or hard, little packs or individual servings are best.
Bagels, prepared and ready to eat is preferred.
Applesauce cups, individual servings.
Yogurt, healthy low-fat individual servings.
Fruit snacks, 100% fruit only.
Healthy trail mix, in individual serving sized bags.
Popcorn, in individual serving sized bags.
100% Fruit Juice, individual containers only.
Hummus and pita/crackers, baked tortilla chips and salsa, cheese and crackers can all be served family style, but please bring napkins, cups, or plates to serve them with as the teacher does not always stock these items.

**Be creative and make it fun!**
Our own Kindergarten teacher, Mrs. Houseman, has a pinterest page filled with other creative ideas also!
http://pinterest.com/shellyhouse/miss-shellys-healthy-birthday-treat-board/