

Healthy Holidays

SET THE RIGHT TONE FOR THIS YEAR'S PARTIES. KEEP IN MIND THESE HEALTHY PARTY TIPS

Halloween

Have a parade or costume contest

Give small toys instead of candy

- Temporary tattoos
- Stickers
- Small plastic spiders or ghosts
- Spooky plastic rings, or false teeth

Decorate pillowcases or bags for trick-or-treating

Healthy Party Snacks:

- Serve kiwi
- Apple Cider
- Apples with caramel or yogurt dip
- Roasted pumpkin seeds
- Snack cups of canned peaches or mandarin oranges (canned in juice or light syrup)
- Oranges, cantaloupe, tangerines, mangos, or dried peaches
- Carrots with low-fat ranch dressing
- Use Halloween cookie cutters to make sandwiches or fruit look frightfully delicious!



Thanksgiving

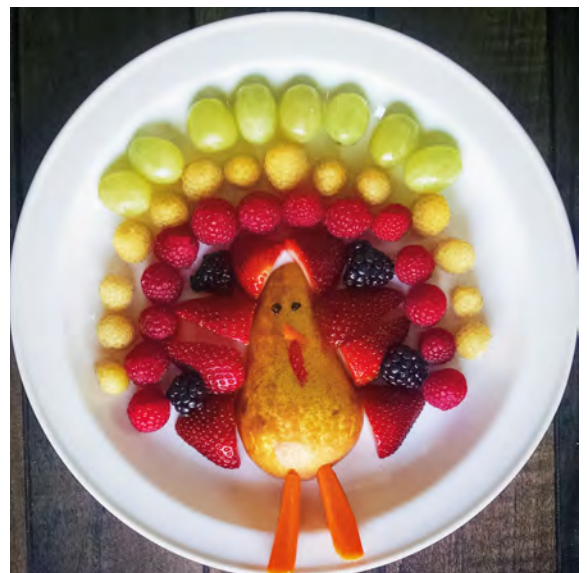
Have students write or draw a picture about what they are thankful for and share it with the class

Create a garland of gratitude

Do a service project as a class field trip

Healthy Party Snacks:

- Turkey roll ups
- Spread apple butter on whole grain English muffins or graham crackers.
- Serve warm apple cider
- Create a fruit turkey
- Pumpkin dip and graham cracker or apples



PUMPKIN DIP

Mix the following ingredients:

- 3 T canned pumpkin
- 1 c low-fat vanilla yogurt
- 1 T orange juice concentrate (use 100% juice)
- ½ tsp. of cinnamon (optional)
- 1 T maple syrup (optional)

Dip in with graham crackers or apples

Christmas

Make holiday cards for nursing home residents.

Decorate pillow cases to give to a homeless shelter.

Go caroling and sing for other classes or at a senior center.

Make snow globes out of baby food jars and white glitter or plastic snowflakes.

Healthy Party Snacks:

- Hollow out red and green peppers and fill them with a dip such as low-fat ranch, hummus, or guacamole and serve with vegetables.
- Make fruit kabobs and alternate red and green grapes or red/green apples.
- Serve cauliflower, broccoli, pepper and tomatoes in form of a Christmas with a low-fat dip.



Valentine's Day

Make hearts and write down one positive comment about each classmate and pass them out

Create a Valentine's Day card holder

Make a heart wreath to take home

Give out small toys instead of candy

- Temporary tattoos
- Stickers
- Heart Pencils and Erasers
- Necklaces

Make a heart hat using a paper plate

Create heart shape animals

Healthy Party Snacks:

- Serve cherry tomatoes and red peppers with hummus or ranch dressing.
- Give strawberries, raspberries, dried cranberries, red grapes, pomegranate, or apple slices.
- Make very-berry pink smoothies
- Tasty Trail Mix (See recipe)



TASTY TRAIL MIX

Mix the following ingredients:

2 c Dried cranberries

4 c Strawberry Yogurt Cheerios

4 c of Pretzel

2 cup Yogurt Covered Raisins

1 box of Chocolate Teddy Graham

Serve in individual containers or let children scoop their own from a bowl



St. Patrick's Day

Teach an Irish step dance

Decorate the room with shamrocks made from construction paper.

Plan a St. Patrick's Day scavenger hunt that leads to a pot of gold filled with treasures

Read about Irish history or a story about St. Patrick

Healthy Party Snacks: Make it a "Green" Day

- Serve kiwi (cut in half and serve with a spoon).
- Serve cucumbers, celery sticks, broccoli, sugar snap peas, green beans, or green peppers with hummus or a low-fat dressing such as ranch or thousand island.
- Serve whole grain tortilla chips with guacamole.
- Make a rainbow using fruits and guacamole



Easter

Plan a nature walk to see plants re-awakening in the spring weather

Decorate plastic eggs with paint, glitter, and stickers and put physical activity messages on the inside

Have an egg hunt and kids can act on the message

Decorate flower pots for parents

Have parents donate plants that children can plant in the school yard

Healthy Party Snacks:

- Carrot muffins
- Carrots with hummus or a low-fat ranch
- Berries with Cool Whip
- Use boiled eggs and carrots to form chicks
- Fruit smoothies and decorate the cups (see recipe)



BASIC SMOOTHIE

½ to 1 c fresh or frozen fruit

1 c plain non-fat yogurt

½ c fruit juice

About 4 ice cubes or use frozen fruit and skip the ice

Combine all ingredients in a blender and process on high until ice is crushed and the mixture is smooth and creamy