

## Healthy Foods for Celebrations

**Please help us encourage lifelong healthy habits among our children. We encourage parents to join us for their child's birthday or other special occasion.**

Typically, foods for celebrations include cupcakes, candy, cookies and other "treats" that have a large amount of sugar, calories and fat. There is nothing wrong with an occasional treat, but unhealthy choices have become the rule rather than the exception.

The following is a list of alternatives our facility provides for celebrations/special occasions that promote and reinforce good nutrition.

Please mark the items your child prefers so that (insert center name) can better provide for your child.

\_\_\_ Raisins– regular or chocolate covered

\_\_\_ Animal crackers

\_\_\_ Whole-grain crackers with cheese cubes

\_\_\_ Pretzels

\_\_\_ Mozzarella string cheese pack

\_\_\_ Dried fruit

\_\_\_ Flavored milk

\_\_\_ Fruit smoothies

\_\_\_ Single-serving boxes of cereal

\_\_\_ Yogurt

\_\_\_ Tortilla chips and salsa

\_\_\_ 100% juice boxes

\_\_\_ Granola bars

\_\_\_ Fruit muffins

\_\_\_ Vegetables and low-fat dip

\_\_\_ Fresh fruit

\_\_\_ Fresh fruit and low-fat dip

\_\_\_ Ants on a log

If you would like something other than the foods listed above served at a celebration for your child, please talk with our facility staff.

