

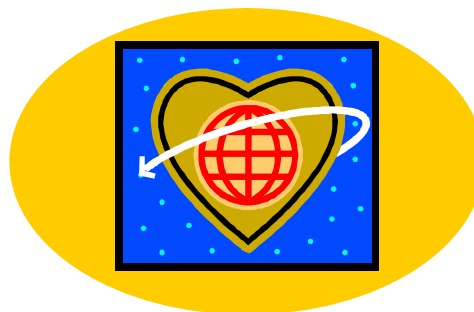
# It's Party Time!

At school we love to celebrate birthdays, holidays and special events. To help educate students about making healthy choices and eating nutritious foods, here is a list of fun AND healthy party foods. Please help us to achieve our healthy kids mission and select foods from the following recommended list.

KID TESTED!



HEART (Health Education and Resource Team) APPROVED!



## Recommended Snack Foods

- ♥ Fruit or vegetable kabobs
- ♥ Fruit salad
- ♥ Cut vegetables and low-fat dip
- ♥ Trail mix
- ♥ Popcorn (with minimal salt/butter)
- ♥ Pizza (vegetarian)
- ♥ Dried fruits
- ♥ Low-fat yogurt products
- ♥ Fruit leather
- ♥ Mixed nuts and seeds
- ♥ String cheese
- ♥ Yogurt sundaes (with granola/fruit)
- ♥ Sandwiches
- ♥ Banana, pumpkin or zucchini bread
- ♥ Quesadillas
- ♥ Fruit smoothies
- ♥ 100% fruit or vegetable juice
- ♥ Sparkling water
- ♥ Pretzel products
- ♥ Low-fat or non-fat milk
- ♥ Real fruit popsicles or smoothies

## Foods Not Recommended

- ♥ Cupcakes, cake
- ♥ Donuts
- ♥ Candy
- ♥ "Fruit" snack candies
- ♥ Jello
- ♥ Pie
- ♥ Popsicles or freezer pops
- ♥ Chips
- ♥ "Fruit" drinks or lemonade
- ♥ Sport or energy drinks
- ♥ Soda
- ♥ Cookies