

# **A GUIDE TO HEALTHY SCHOOL PARTIES AND SCHOOL SNACKS**

## **FOOD IN SCHOOL SHOULD SUPPORT CLASSROOM LESSONS**

Students are taught in classrooms about good nutrition and the value of healthy food choices. However, many times foods served in the classroom, in the case of a class party, are low in nutrients and high in calories. This sends them a mixed message-that good nutrition is just an academic exercise that is not supported by school administration and is not important to their health or education. To send the right message administrators, teachers, parents and students need to promote healthy lifestyle principles, replacing unhealthy food offerings with healthy ones.

## **OBESITY RATES ARE SKY-ROCKETING**

Obesity rates among children and adolescents are sky-rocketing. Rates have doubled among children and tripled among teens since 1990. The consequences of this are serious: More youth are becoming diabetic, more have elevated blood pressure and more suffer the psycho-social effects of being overweight. Obesity is caused by a combination of too many calories from foods and beverages and too little physical activity. With physical activity programs declining in schools, it is even more important to provide students with nutritious beverages and snacks in appropriate portion sizes whenever food is offered in the classroom.

## **RECOMMENDED SNACK IDEAS FOR SCHOOL/CLASSROOM PARTIES**

Low-Fat Milk/Flavored Milk

100% Fruit or Vegetable Juice (4oz or ½ cup is one serving)

Water/Flavored Water (calorie free)

Fresh Fruit Assortment

Fruit and Cheese Kabobs

Fruit w/Whipped Topping

100% Fruit Snacks (4oz is one serving)

Vegetable Trays

String Cheese or Cheese Cubes

Pretzels-Crunchy or Soft

Low-Fat Popcorn

Graham Crackers

Fig Newtons

Animal Crackers

Angel Food Cake-Plain or Topped with Fruit or Whipped Topping

Pizza with Low-Fat Toppings (Veggies, Lean Ham, Canadian Bacon)

Pizza Dippers (Pizza Toppings and Bread on Skewer with Marinara Dip)

Ham, Cheese, or Turkey Sandwiches (With Low-Fat Condiments)

Low-Fat Pudding

Low-Fat Yogurt (ex. Trix or Yumsters by Yoplait, Dannon Light and Fit)

Yogurt and Fruit Smoothies

Yogurt Parfaits/Banana-Yogurt Splits

Quesadillas with Salsa

Low-Fat Breakfast or Granola Bars

Low-Fat, Low-Sodium Trail/Cereal Mixes

Nuts, Raisins, Sunflower Seeds

## RECIPE IDEAS

### **EASY LOW-FAT FRUIT DIP**

½ cup Vanilla Low-Fat Yogurt

1 teaspoon Honey

¼ teaspoon Cinnamon

¼ teaspoon Nutmeg

Directions: Mix ingredients together until blended. Serve with your favorite fruits!

### **LOW-FAT VEGETABLE DIP**

1 cup dry-curd Low-Fat Cottage Cheese

½ cup Nonfat Yogurt

Choose from these seasonings:

Ranch: 2 tablespoons dry dressing mix  
Onion: 2 tablespoons dry onion soup mix  
Garlic: ½ teaspoon powdered garlic  
Parmesan: 2-4 tablespoons grated cheese

Mix all ingredients in a blender or mash cottage cheese with a fork before mixing with yogurt. Chill one hour to let flavors blend. Serve with fresh vegetables.

### **PARTY CUPCAKES**

Prepare an 18 ¼ ounce package of white cake mix as directed, except substitute unsweetened applesauce for oil. Add other ingredients (egg whites and water) in amounts specified. Add 2 Tablespoons multi-colored sprinkles, if desired.

Line muffin tins with paper baking cups and fill 2/3 full with batter.

Bake at 350 degrees for 15-20 minutes.

When cool, drizzle with a glaze made by melting ¼ cup chocolate chips in the microwave or spread a small amount of colored low-fat whipped topping on top of each.

Source: Action for Healthy Kids