

Guidelines For Healthy Classroom Parties and Celebrations



Celebrations are a great way for children to feel part of the school community and the Tigard-Tualatin School district supports these opportunities for recognition and parent involvement. Traditionally, food has been an important part of celebrating, including cupcakes, cookies, candy and high sugar beverages. The state of Oregon has set the “Oregon Smart Snack Standard” as the nutritional guideline for foods offered on the school campus, including celebrations, rewards, and snacks, and the TTSD Local Wellness Program-EFA policy follows the Oregon Smart Snack standard. For more information go to: Oregon Snack Standards web page.

When planning for the 2018-19 school year, in place of traditional snacks, please consider utilizing non-food celebration ideas and healthy snacks for birthday celebrations, classroom parties and classroom snacks.

Non Food Options for Classroom Celebrations & Parties

- Add an extra recess.
- Turn on some music and dance.
- Have extra art or music time.
- Plan a thematic craft for the party (painting pumpkins for harvest party, valentine boxes)
- Play party games.
- Have a scavenger hunt.
- Provide a free choice activity
- Fun movie
- Drawings for donated items
- Celebrate all monthly birthdays with an open gym time.
- Wear a special crown, sash, button or badge all day.
- Donate and/or read a favorite book to the class
- Choose the class music for writing or study time
- Choose a game or activity for the last few minutes of school.
- Give a birthday certificate.

Healthy Snack Options (Look online to see new Smart Snack options developed over the past year by many national brands)

- Fresh Fruits - apples, apricots, berries, grapes, kiwi, mango, melon, nectarine, orange, peach, pear, pineapple, plum
- Dried Fruits and 100% fruit leathers
- Unsweetened applesauce
- 100% fruit popsicles
- Raw vegetables (low fat dip, salsa, or hummus)
- Popcorn-air popped or low fat microwave
- Wholegrain pretzels
- Yogurt covered pretzels/raisins
- Crackers - Graham crackers, triscuits, wheat thins, vegetable thin, cheez-its, cheese nips, ritz crackers, saltines, oyster crackers, wheatables, air crisps, goldfish crackers
- Pirate Booty, Low fat breakfast granola bars
- Wholegrain Pita
- Baked tortilla chips or soy chips
- Protein - string cheese, low fat yogurt, individual cups, drinkable yogurt or smoothies, cottage cheese