

# LET'S PARTY!

The CGES Wellness Committee  
would like to suggest some ideas for  
making classroom parties healthier.

**1** Serve a selection of  
healthy snacks + 1  
sweet treat

**2** **SERVE H<sub>2</sub>O  
INSTEAD OF  
FRUIT JUICE**

**3** Give away non-edible prizes  
in lieu of candy

## SWEET TREATS?

*Only 1 please!*

Muffins

Mini cupcakes

Frozen yogurt

100% fruit juice bars

Banana, zucchini or  
pumpkin bread slices

Yogurt "Sundaes" with fruit  
and other toppings

Make your own trail mix with coconut, chocolate chips, pretzels, dried  
fruit & sesame sticks

## Heathy Snacks

Apple slices, strawberries, grapes,  
melon chunks, pineapple  
chunks, watermelon wedges

Fruit salad or fruit kabobs

Baby carrots, cucumber wheels &  
celery with low fat dip or  
cream cheese

Popcorn

Pretzels

Baked tortilla chips with or with-  
out dips (hummus, salsa, etc.)

