

# 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 without dips (hummus, salsa, etc.)

