

NON-FOOD CELEBRATION IDEAS



CHOOSE A PRIZE

- Pencils or erasers
- Stickers
- Books
- Enter a drawing or raffle for a bigger prize
- Earn tokens or points toward a prize



GET MOVING

- Lead a special physical activity break
- Host a special event such as a dance or kite-flying party
- Provide extra recess or PE time
- Turn on the music and let students dance for a few minutes
- Have a themed parade around your school



SHAKE UP YOUR ROUTINE

- Let student choose a special activity or be a teacher's helper
- Allow student to select a special book or invite a guest to read aloud
- Go on a scavenger hunt
- Host a special dress day where students can wear hats or pajamas



SHOW RECOGNITION

- Give a certificate or ribbon
- Post a sign in the classroom or on a prominent bulletin board
- Give a shout-out in the morning announcements
- For birthdays, allow child to wear a crown or special sash

HEALTHY SNACK & BEVERAGES IDEAS*

*Use the [Alliance's Smart Snacks Product Calculator](#) to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item.



BEVERAGES

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Silly Water—add fruit and herbs to plain water for fruit-infused blend



FRUITS & VEGGIES

- Fresh fruit—trays, salads or kabobs
- Fresh vegetables—trays, salads or kabobs
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits—freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar



WHOLE GRAINS

- Whole grain crackers, pretzels or cereal bars
- Small whole grain bagels or waffles or pancakes topped with fruit or nut or seed butter
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Baked whole grain tortilla chips with salsa or bean dip



PROTEINS

- Fat-free or low fat yogurt (serve alone or as dip for fruits or veggies)
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)

For more information, contact Stephanie Joyce, MS, RD/LD, SNS, National Nutrition Advisor at the Alliance for a Healthier Generation, at stephanie.joyce@healthiergeneration.org

