

# Ideas for Healthy Classroom Parties

Focus on the Fun!

Classroom party time can be a time to keep students focused, engaged and making healthy choices. Here are tips for hosting healthy classroom parties.

## Classroom Parties

### Party After the Meal

One way to keep your party from being a sugar overload is to ensure students eat both breakfast and lunch that day. If they are full of all the best foods, they have only so much room for the sweet, fun foods.

### The Morning Party

When hosting a party in the morning, include breakfast foods that are fun and celebratory. Find breakfast tip sheets, recipes, videos, games and handouts at [HealthyEating.org/Breakfast](http://HealthyEating.org/Breakfast).

### A Worldly Affair

Use parties to explore cultures and have children share traditions from their families. Teach about how other cultures celebrate with food.

### Balance With Food Groups

There is no reason to ban the cupcakes to host a healthy classroom party. Bring small portions of sweets and direct students and parents to think beyond dessert and bring food-group foods with added fun and flair. Anything to dip, stack or assemble is usually a hit!

## Fun Beyond Food ...

### Give Free Choice Time

You don't need to center your holiday celebration around food. A tray of cheese and crackers and some extra recess or free time might be exactly what your students want.

### Craft the Fun

Host a craft-making activity as part of the fun. Everyone loves to create so even older children get engaged, whether the craft is something simple like making holiday cards or an involved idea you find on Pinterest.

### Game On

Incorporate a game or some physical activity breaks. For older students, present several options and call for a vote. Visit [HealthyEating.org/Tips](http://HealthyEating.org/Tips) for physical activity break ideas.

## Wellness Committee Approved

Check with your School Wellness Committee, which often offers healthy ideas about food and activities.

