

Healthy Celebration Toolkit



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Introduction

Why do we celebrate? To rally around the things that are going well, one of the most important of which is our children's health and happiness. Children see choices presented at school as a model for behavior. We can use healthy celebrations as an opportunity to not only develops healthy eating habits, but to develop healthy food preparation skills. Healthy celebrations can also reinforce concepts that you are learning about in class (for example, learning measurements, plant life cycle, etc.)

But will kids like healthy treats? Many of us associate candy and sweets with rewards because we have been conditioned to do so over the years, however kids are still learning and can have a fresh start! Perhaps the most important thing about a special treat or celebration is that you are excited about it! We have seen kids get just as excited about a kale salad that they made as they are about getting donuts. It's all in the way that we present rewards.

Why have healthy celebrations? One in 3 children between the ages of 2 to19 are overweight or obese in the United States, with Hispanic, Latino, Black, and Native American students disproportionately affected. Being overweight or obese puts children at a higher risk of developing potentially life threatening diseases.

Answer the following questions honestly:

1. How do you currently celebrate in your classroom?
2. Why do you celebrate this way? (E.g.: low cost, easy to please kids, short-term behavior changes, you like the food, etc.)
3. After educating students about the long-term impacts of unhealthy options, have you asked them what rewards they prefer.
4. Are you willing to try a healthy celebration in your classroom?

Making the Switch to Healthy Celebrations

Transitioning to Healthy Celebrations:

Okay, so you are open to making the switch to more physically active and nutritious celebration, that's great! We understand change is challenging, especially when it involves others, so to start you out we found some easy celebration ideas that are direct substitutes for ideas that you may already be doing.

Level 1 (Low Prep/ Clean Up) Healthy Food Celebrations

- Dried fruit
- Fresh fruit (with nut butter)
- Popcorn (buy bag with no sugar or butter added), supply spices (onion, garlic, Italian seasoning, nutritional yeast, cumin, cayenne, lemon pepper etc. Possibilities are endless)
- Frozen grapes
- Colorful Veggie platter with hummus
- Make-Your-Own trail mix (have a few options of nuts, dry fruits, whole grains, to choose from)
- Roasted chick peas

Level 2 (Medium Prep/Clean Up) Healthy Food Celebrations

- "Ants" on a log
- Zucchini "cicadas" (to reinforce lesson on insects)
- Assorted fruit and cheese kabob
- Whole grain baked tortillas with salsa or a bean dip.

Level 3 (More Prep/Clean Up)

- Green smoothie (to reinforce lesson about fractions)
- Kale salad
- Guacamole
- Make-Your-Own-Parfait (low fat plain yogurt, assorted fruit, unsweetened granola, honey/maple syrup)



Kindergarteners making kale salad



Pre-K Makes Zucchini "Cicadas"

Direct Substitutions

Old Celebration (not very healthy)	Feeds into kids desire for...	New Celebration (Healthy)
Pizza party	Communal, tasty meal with cheese	Make personal pizzas together using whole grain pitas, tomato sauce, and veggie toppings (think mushrooms, spinach or bell peppers), and a sprinkle of cheese. Talk about where each ingredient came from. You can build up to the pizza making day by having the class "earn" an ingredient or topping each week.
Donuts	Sweet, rich treat	Make sunflower seed balls together, talk about pollinators and how precious sugar is in nature (Therefore we only eat a little of it!)
soda	Fizzy and sweet	Make sparkling juice, half sparkling water and half juice, if you have time put actual slices of fruit into the drink to make it extra fancy and get fiber.
Ice cream or Italian ice	Icy and sweet	Frozen grapes (Stick them in the freezer the day before your celebration and they will be ready by the next day.)

Holiday Specific Ideas

Holiday	Healthy Celebration
Halloween	<ul style="list-style-type: none"> -Tangerine Pumpkins -Estimate the number sunflower/pumpkin seeds or nuts in a jar (instead of pieces of candy) -Spiced pumpkin cider -pumpkin spiced smoothie -Candy corn tray (yellow peppers, carrots, white cauliflower) -Ogre eyeballs (kiwi) -Cup of blood (hibiscus tea)
Winter Holiday	Sunflower seed balls
Valentine's Day	<ul style="list-style-type: none"> -Strawberries (optional: dipped in unsweetened shredded coconut) -Liquid love (hibiscus tea)
Spring Celebrations	<ul style="list-style-type: none"> -Smoothie -Salad mixer (Students form teams to create different salad dressings. Pick assorted veggies harvested from garden. Then have students pick which dressing they like the best.)
Post-Exam Celebrations	“Healthy” Pizza

Individual Prizes

- Points system that lead up to a class reward: see “[Class Dojo](#)”
- Earning seeds that can be later planted (in class sprouts or in garden)
- School supplies: Erasers, pencils
- Inexpensive toys: Jump rope, bubble blowers, stickers, hula hoop, paddle ball, coloring materials, glow sticks, water bottles, mini-notebooks/journals, curly straws
- Certificate of achievement
- Student of the week/month
- Re-usable utensils set
- Homework Pass
- Opportunity to lead a class break or activity
- Teacher’s helper for the day/class period
- A ticket to switch seats in any class.
- Ask one free question on a test.
- Allow one student w/ headphones or the whole class to listen to the music of their choice while working.

- Give out a pass for one late assignment.
- Set aside a movie day and allow students to choose the movie.
- Ask students what skills/crafts they are interested in learning (knitting, dance, yoga etc.) and acquire the source to make it happen.

Group Prizes

- Dance party (either using something online, or bringing in PE teacher or zumba instructor)
- Learn new song together
- Extra play time
- Let students choose a theme day (veggie/fruit day i.e. dress as your fave fruit, soup day, fiesta day)
- Free time at the end of class.
- Drop the lowest quiz grade for the quarter.

Physical Activities

Physical activities can turn up the volume at any party or celebration. For increased engagement and guaranteed entertainment, combine use physical activities that require critical thinking and movement at once.

Here are some ideas for physical activity at a school celebration:

- Three-legged race or relay race
- Keep it Up
- Make paper airplanes and see how far they can fly-but be sure they don't point them at other people!
- Try juggling or hula hoop contests
- As If game (See description below.)
- Zumba dances to classic party hits ([Alliance for a Healthier Generation](#))
- Veggie taste test (blind fold two students and have them guess what produce they are tasting.)
- Charades (write down a lot of physical activities to act out)
- Dodgeball
- Steal the broccoli (bacon)
- Trainwreck game
- Cupsanddowns game
- Salad bowl game (See description below.)

Name of Activity: [Cupsanddowns](#)

Grade Level: k-12

Formation:

Equipment: Cups, a watch

Rules/Directions: Place 20 or more cups in the middle of the room, put half of them upside down and the other half the right way up.

Divide the group into 2 teams and give each team a name (ie ups or downs)
- the 'up' team needs to turn as many cups up the right way as possible, and the 'down' team needs to flip them upside down.

When the allocated time limit is over, count all the cups and whichever team has the most turned up their way wins.

Name of Activity: Salad Bowl

Greatgroupgames.com

Grade Level: 4-12

Formation: Chairs (one chair per person) arranged in a circle

Equipment: Paper and pens

- Hat or bag to collect the pieces of paper
- Timer or watch

Rules/Directions:

1. Have everyone sit in a chair, arranged in a circle facing inwards. Distribute the pieces of paper and pens, one per person. Ask each person to write their names on a piece of paper and place each piece of paper inside the hat or bag. Then, ask one volunteer to be in the middle of the circle.

2. Explain the rules: The person in the middle takes a piece of paper from the hat or bag. The volunteer describes the person listed on the paper as quickly and thoroughly as possible, while the people sitting in the chairs attempt to guess who is listed on the paper. The volunteer cannot use letters, "sounds like", or hand gestures in the game and must be polite.

3. Once someone correctly guesses the person listed, then the person in the middle of the circle draws another piece of paper and the process continues. The person in the middle has 45 seconds to collect as many pieces of paper as possible.

4. When time runs out, the person sitting to the right of the volunteer will be the next person to be in the middle of the circle. The person that collects the most pieces of paper wins the game

Name of Activity: Scavenger hunt

Grade Level: 1-12

Formation: scattered

Equipment: Copies of the hunt for each player or team

Rules/Directions:

Write out tasks for students to discover depending on settings, the theme of your scavenger hunt, and available tools

Some example questions/tasks:

- Take a selfie with a physical education teacher.
- Name or find three items that supplies your body with energy
- According to Myplate what should half of your meal consist of? Draw it
- Find two people to move your body with and have them initial your paper when finished.
- Find one item that protects seeds.
- Answer this: why is it important that we all eat healthy meals?
- I am a flower that people eat, I have more vitamin c than an orange, I am green. Find me
- How many fruits/vegetables can you find in this area?
- My seeds are small and edible, I have a fuzzy cover and favorite color is green. What am I?
- Take a selfie with healthy choices from our four food groups?
- Find two items containing protein that is not meat.
- Bring back three red fruits or vegetables.
- Look for two things that can be changed or improved to make this space healthier.

This is a great game for teachers to reinforce what is being taught in class in a fun way. Take advantage of all possibilities and have fun!

Name of Activity: As If

Grade Level: K-3

Formation: Standing at desks

Equipment: None

Rules/Directions:

1. Teacher reads sentence to class. Have students act out each sentence for 30 seconds.
 - Jog in place as if a big scary bear is chasing you
 - Walk forwards as if you're walking through chocolate pudding
 - Jump in place as if you are popcorn popping
 - Reach up as if grabbing balloons out of the air
 - March in place and play the drums as if you are in a marching band
 - Paint as if the paint brush is attached to your head
 - Swim as if you are in a giant pool of Jell-O
 - Move your feet on the floor as if you are ice skating

- Shake your body as if you are a wet dog
2. Students act out each sentence for 20-30 seconds.

Engaging with Parents

Parents and teachers both want what is best for their kids. That is why it is so important to communicate school food policies and expectations at the beginning of the year about what foods are acceptable snack foods to bring to school, and what foods are encouraged for school celebrations. Be clear that you have rules about what foods are permitted for celebrations in order to create a healthy and supportive environment for students.

Encouraging Students to Bring Healthy Snacks and Lunches:

The School Wellness Policy is very helpful for consistency across the school. It can also help to post snack/lunch “rules” in the beginning of the year and send a letter home to make sure families are aware of them.

Some suggestions:

- Encourage whole fruits, vegetables, whole grain breads, lean protein, milk
- No soda, no fruit juices with added sugar, no chips, no candies, no packaged baked goods

Remind parents that these guidelines/rules also apply to class celebrations. While you should encourage parents to bring in foods that incorporate the food recommendations, they should also be able to make a choice about what is meaningful to them. For example, if parents want to bring in a dish that is culturally relevant, but high in sugar, fat, and/or refined grains, encourage them to talk to the students about the history of the dish and how it is a very special dish that should be enjoyed in small quantities. In other words, take advantage of your parents’ knowledge and make it into a learning experience.

Other Notes:

Be aware of the food culture that you are creating in your classroom. For example, you may want to name the classwork groups of students after whole vegetables and fruits. You also may want to focus on books whose characters make healthy choices. For example, reading Stone Soup (and maybe having a soup-making celebration) rather than reading a story in which the characters go to a fast food restaurants. Get people to think about cultural foods and ways to make celebrations healthier. Not all submissions need to be healthy. Ask adults and students to spread pictures/recipes of their cultural foods and use photographs for a travelling display. (The photos could be sold as part of an online auction and used to raise money for the school.)

Another way to create a culture of healthy celebrations in your classroom is to talk to parents and fellow teachers about the cost of healthy versus unhealthy celebrations. Once parents and teachers see that the costs are comparable they may become enthusiastic about creating healthy celebrations.

Recipes

Sunflower seed balls

(From cookbook, *Garden Gastronomy*)

Allergens: Sesame

Ingredients

- ¼ cup sunflower butter
- 2 tablespoons honey
- 2 tablespoons rolled oats
- 2 tablespoons raisins
- ¼ cup unshelled sunflower seeds
- ¼ cup flax seed
- ¼ cup sesame seed

Directions

1. mix everything except seeds together, make into balls and roll into seed mixture

Guacamole

(From [All Recipes](#))

Allergens: none

Ingredients

- 2 avocados
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 ripe tomato, chopped
- 1 lime, juiced
- salt and pepper to taste

Directions

1. Peel and mash avocados in a medium serving bowl. Stir in onion, garlic, tomato, lime juice, salt and pepper. Season with remaining lime juice and salt and pepper to taste. Chill for half an hour to blend flavors.

Healthy Smoothies

(From [JamieOliver.com](#))

Shrek Smoothie

Allergens: none

Ingredients

- 1 banana
- 200 g baby spinach
- 250 ml fresh apple juice
- 1 lime

Directions

1. Peel the banana and cut into nice big slices on a chopping board – ideally you want to use frozen bananas, so try and remember to do this the day before.
2. Add the banana and spinach to a liquidizer.
3. Pour in the apple juice.
4. Cut the lime in half.
5. Squeeze all the lime juice into the liquidizer.
6. Secure the lid and blitz until smooth, then serve.

The Hulk Smoothie

goodfoodgoodmove.com

Allergens: None

Ingredients

- $\frac{3}{4}$ cup water
- 1 banana
- 2 cups kale
- 1 medium apple
- 2 cups strawberries (fresh or frozen)

Directions

1. Remove stems from kale, and remove tops from strawberries if using fresh ones.

Slice apples into chunks, removing core.

2. Put ingredients in blender, and blend until smooth.

3. Add more or less of each ingredient to fit your family's taste!

Princess Elsa Smoothie

Allergens: none

Ingredients

- 2 pears
- 150 g frozen blueberries
- 100 ml fresh apple juice

Directions

1. Remove the stalks from the pears, then use a knife to cut into quarters, removing and discarding the cores.

2. Add the pears and the blueberries to the liquidizer.

3. Pour in the apple juice.

4. Secure the lid and blitz until smooth, then serve.

Vanilla Dream smoothie

Allergens: nut

Ingredients

- 1 Cup of coconut/almond/rice milk
- 2 ripe bananas
- $\frac{1}{4}$ cup of almond butter/chia or hemp seeds
- 1 teaspoon of vanilla extract/ vanilla protein powder
- 2 cups of ice

3 dates or honey to taste

Directions

1. Slice bananas into quarters then add to blender.
2. Add the almond butter, extract, ice and honey to blender.
3. blend to perfection.

Super easy hummus

Allrecipes.com

Allergens: none

Ingredients

- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
 - 1 tablespoon lemon juice
 - 1 tablespoon olive oil
 - 1 clove garlic, crushed
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon salt
 - 2 drops sesame oil
5. Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved.

Healthy avocado yogurt dip

babesandkidsreview.com

Allergens:

Ingredients

- $\frac{1}{2}$ cup Greek Yogurt. (I used the plain Fage 2% Yogurt)
- 2 Avocados peeled and pitted
- $\frac{1}{4}$ cup chopped fresh cilantro (Use a pair of scissors to chop your cilantro, it goes faster!)
- Add 1 clove garlic, minced
- Juice of one Fresh Lime
- 1 chopped and seeded jalapeno. (I added a few of the seeds to give it more of a kick.)
- $\frac{1}{4}$ tsp ground cumin
- $\frac{1}{4}$ cup red onion, chopped
- Add Salt and Pepper to Taste

Directions

1. Add all ingredients except salt and pepper in blender and blend until smooth. Salt and pepper to your preference of taste.
2. Serve immediately with chips or fresh veggies.
3. Refrigerate leftovers

Pineapple salsa

veggietaurials.com

Allergens:

Ingredients

- 1 ripe pineapple
- 1 cup chopped tomatoes
- $\frac{1}{2}$ cup finely diced red onion
- 2 cloves garlic minced
- 1 serrano chile pepper
- 2 limes
- Add cilantro leaves
- Add salt

Directions

6. Peel, core and dice pineapple.
7. De-seed serrano pepper and mince.
8. Combine pineapple, serrano pepper, tomatoes, red onion, garlic, cilantro and salt (to taste).
9. Squeeze the juice of 1 or 2 limes (to your taste) over the pineapple mixture. Stir well.
10. Allow flavors to get all cozy for about 30 minutes before serving.
11. Refrigerate unused portion in airtight container for up to 3 days.

Resources Section

- **Save by purchasing your fruits and veggies in bulk at Corbin Hill. Ask for “bulk order”.**
- Healthy birthday celebration “menu”:
<https://drive.google.com/open?id=0BxHZiKmVVHURN29SSS1yeGhvaEE>
- Healthy Non-Food Celebration Ideas:
https://www.healthiergeneration.org/_asset/nvgd8q/13-6162_HSPHealthyCelebration.pdf
- How to lead a focus group to solicit student opinions about what kind of celebrations they would like to have:
https://www.healthiergeneration.org/_asset/xpc2t7/14-6295_HowToFocusGrps.pdf
- Sample survey to solicit student opinions:
https://www.healthiergeneration.org/_asset/yxpnns/16-0008_StuCelebSurvey.pdf
- Sample taste test voting forms:
https://www.healthiergeneration.org/_asset/q6c342/14-6305_TasteTesting.pdf
- Healthy celebration ideas and info about how to make and sustain healthy celebration policy:
http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/school_celebrations.pdf
- Healthy Food and Non-Food Celebrations Aligned with Secular Holidays:

https://www.fns.usda.gov/sites/default/files/tn/dmp_tqcelebrations.pdf

- Ideas organized by age (elementary, middle and high school):
<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/rewardsf3a.pdf>
- Healthy Non-Food Celebration Sources:
<https://healthymeals.fns.usda.gov/sites/default/files/uploads/montana%20healthy%20ideas.pdf>
- [8 Smart Snack Celebrations from Alliance for a Healthier Generation](#)
- Greatgroupgames.com
- Superhealthykids.com

Resources for Healthy Fundraisers:

Alternative Fundraising Ideas:

https://www.healthiergeneration.org/_asset/r588vm/08-459_AlternativeFundraisingIdeas.pdf

High School Fundraising Ideas:

<https://www1.nyc.gov/assets/doh/downloads/pdf/cdp/fantastic-fund-hs.pdf>

NYC Department of Health, Healthy Fundraiser Guide for Elementary Schools: <http://www.peacefulplaygrounds.com/download/pdf/dpho-fundraiser-guide.pdf>

Action for Healthy Kids, Health Fundraising Ideas:

<http://www.actionforhealthykids.org/game-on/find-challenges/at-home-challenges/1207-healthy-fundraising>

Alliance for a Healthier Generation, Healthy Fundraisers:

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/fundraisers/

USDA Daily Recommendations of Vegetables and Fruits

- The recommended serving of vegetables per day is 3-5 servings. Examples of 1 serving of vegetables are: 12 baby carrots, 1 sweet potato or 2 cups of raw spinach.
- The recommended serving of fruit per day is 2-4 servings. Examples of 1 serving of fruit are: 1 whole fruit (a banana, apple, orange), 8 strawberries or 32 grapes.

Top 10 Reasons to Eat MORE Fruits & Vegetables

10	Color & Texture. Fruits and veggies add color , texture ... and <i>appeal</i> ... to your plate.
9	Convenience. Fruits and veggies are nutritious in any form – fresh, frozen, canned, dried and 100% juice , so they're ready when you are!
8	Fiber. Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
7	Low in Calories. Fruits and veggies are naturally low in calories .
6	May Reduce Disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
5	Vitamins & Minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4	Variety. Fruits and veggies are available in an almost infinite variety...there's always something new to try!
3	Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.
2	Fun to Eat! Some crunch, some squirt, some you peel ... some you don't, and some grow right in your own backyard!
1	Fruits & Veggies are Nutritious AND Delicious!

<http://www.fruitsandveggiesmorematters.org/top-10-reasons-to-eat-more-fruits-and-vegetables>

Please share with us details about any Healthy Celebrations that your schools has hosted in the past. Use this sheet to record track future celebrations.

Healthy Celebrations			
Celebration 1			
DETAILS: When: Where: Students: Teachers: Reason for the Event:	Food Served:	Physical Activities/Games:	Parent Engagement:

Healthy Celebrations			
Celebration 2			
DETAILS: When: Where: Students: Teachers: Reason for the Event:	Food Served:	Physical Activities/Games:	Parent Engagement:

Healthy Celebrations

Celebration 3			
DETAILS:	Food Served:	Physical Activities/Games:	Parent Engagement:
When:			
Where:			
Students:			
Teachers:			
Reason for the Event:			

Healthy Fundraisers			
Fundraiser 1			
DETAILS:	Food Sold:	Physical Activities/Games:	Parent Engagement:
When:			
Where:			
Purpose of Fundraiser:			
Students:			
Teachers:			
Parents:			
In-Kind Donations:			

Healthy Fundraisers			
Fundraiser 2			
	Food Sold:	Physical	Parent

DETAILS:		Activities/Games:	Engagement:
When:			
Where:			
Purpose of Fundraiser:			
Students:			
Teachers:			
Parents:			
In-Kind Donations:			

Healthy Fundraisers			
Fundraiser 3			
DETAILS:	Food Sold:	Physical Activities/Games:	Parent Engagement:
When:			
Where:			
Purpose of Fundraiser:			
Students:			
Teachers:			
Parents:			
In-Kind Donations:			

Please tear off each celebration and email or fax to us. 212-989-2840 or mbyrne-zaaloff@institute.org.

We thank Cara Plott, Food Corps Member (2016-2017) who worked at PS443, for all her hard work in putting this book together. We are also grateful to the contributions of Angela Doyle, Food Corps Member (2017-2018) and Elecia Faaiuaso, MPH, RD.



LET'S CELEBRATE

WITH
HEALTHY
CELEBRATION
TOOLKIT

Bronx Health REACH

Use these samples as a guide to plan your students class celebration!

elementary school

SpongeBob (Bikini Bottom)
Theme





HEALTHY SNACKING

**Level 1 : Low
Prep/Clean up**

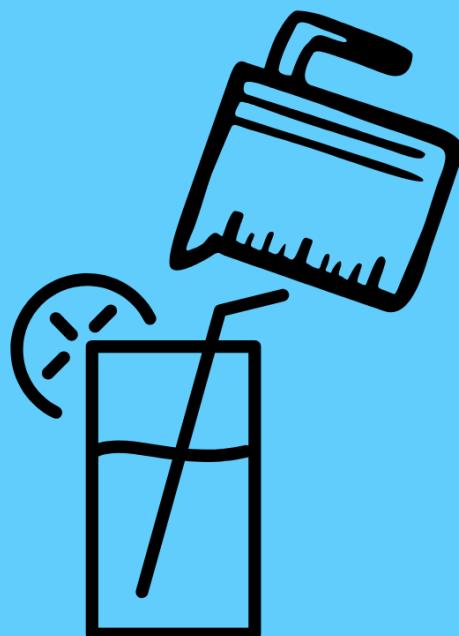
Serving Silly Water (Fruit Infused Water)

Ingredients

- Pitcher of water (per group)
- Cups (per student)
- Slices of Spongebob Themed flowers with
 - Watermelon
 - Pineapple
 - HoneyDew melon
 - Cantaloupe

Directions

1. Hand each student a cup and each table a pitcher of water with the flower shaped fruits and a plate of small cuts of the assorted fruits
2. Have each student take each fruit try it and then pour each student a cup of the fruit infused water
3. Drink, eat, and ENJOY!





HEALTHY SNACKING

Level 2 : Medium
Prep/Clean up

Making SpongeBob Fruit Cut-outs



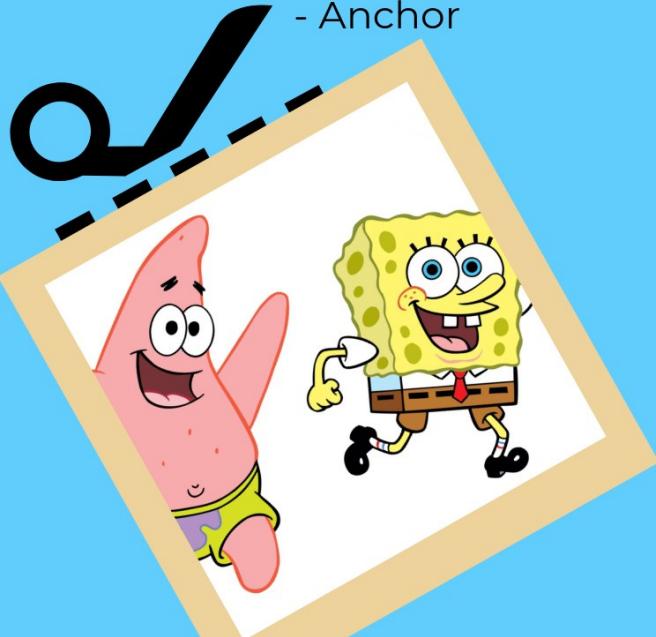
Ingredients/Materials

- Plastic plates
- Toothpicks/Kabob sticks
- Plastic knives
- Slices of assorted fruits
 - Watermelon
 - Pineapple
 - Honeydew Melon
 - Cantaloupe



Directions

1. Set up wide slices of fruits on each table
2. Hand each student a plastic knife, toothpicks/kabob sticks, and a plate
3. Have the students cut out the shapes:
 - Squared cuts of pineapples (for SpongeBob)
 - Star cuts of watermelon (for Patrick)
 - Bean-shaped slices of honeydew (for Plankton)
 - SpongeBob themed flowers
 - Anchor





HEALTHY SNACKING Level 3 : More Prep/Clean up

Make-Your-Own SpongeBob (or another character) Parfait

Ingredients

- Mason jars/Clear plastic cups
- Spoons
- Paper cut-outs of the pineapple crown top
- Low fat plain yogurt
- Assorted fruit
 - Pineapple
 - Watermelon
 - Dragon fruit
 - Kiwi
- Unsweetened granola
- Honey/Maple syrup

Directions

1. Cut out the pineapple green crowns, one for each student
2. Set up each food items in separate bowls
3. Provide each student with a mason jar/cup, a spoon, and a crown cut-out
4. In any order, have the student layer ingredients
 - a. Example: yogurt,honey, granola, fruit ... repeat.





PHYSICAL ACTIVITY

Hula Hoop Contest

Formation: Standing up

Equipment: Hula hoop(s)



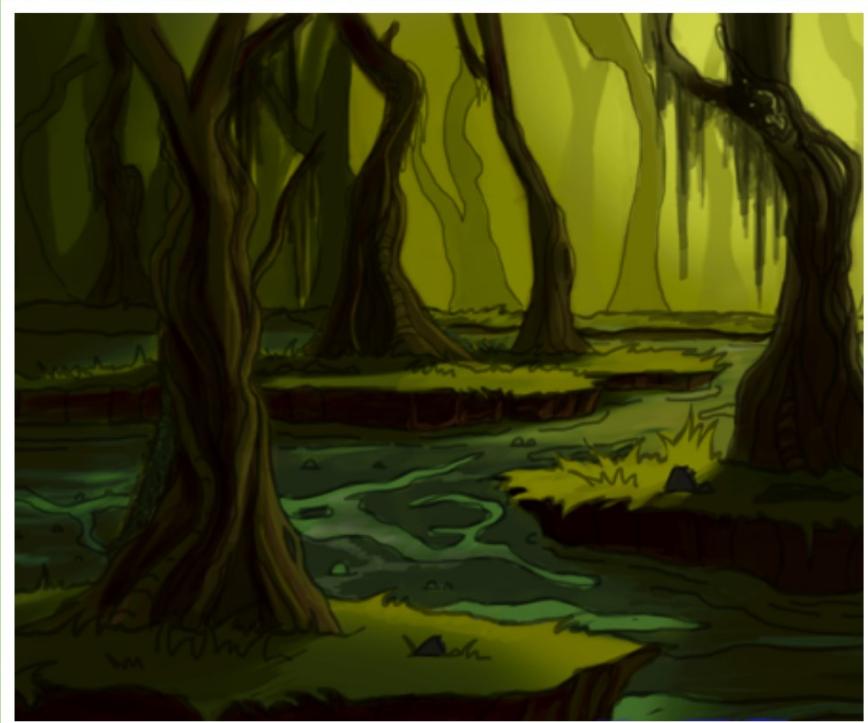
Rules / Directions

1. Have the class split up in groups of 4-6 and provide each group with a hula hoop.
2. Start with one group member for each group and have them count a "full hoop" 5x and then pass to next member until the SpongeBob theme song is done.



grade school

In the Swamp
Theme





HEALTHY SNACKING

**Level 1 : Low
Prep/Clean up**

Colorful Veggies & Hummus

Ingredients/ Materials

- Broccoli florets (as trees)
- Celery sticks (as logs)
- Raisins (as bugs)
- Mushrooms (as mushrooms)
- Hummus/ Bean dip (swamp/mud)

Directions

1. Provide each student 1/4 cup hummus on a plate and each table with a platter of assorted vegetables
2. Have each student create their swamp scene then share their design with their neighbor
3. Eat and Enjoy!





Making Bug Snacks

HEALTHY SNACKING

Level 2 : Medium

Prep/Clean up

Ingredients/ Materials

Lady bug

- Grape tomatoes
- Olives
- Ritz Crackers
- Round slices of Provolone cheese
- Black icing gel/ Edible black marker
- Candy Eyes



Caterpillar

- Kabob sticks
- Green grapes
- Black icing gel/ Edible black marker
- Candy Eyes



Butterflies/ Fireflies

- Celery sticks
- Peanut butter or hummus
- Mini pretzels
- Candy eyes
- Icing pen is optional



Directions

1. Arrange each bug like the following picture



HEALTHY SNACKING

Level 3 : More Prep/Clean up

Shrek Smoothie

Ingredients/ Materials

- 1 banana
- 200 g baby spinach
- 250ml fresh apple juice
- Lime
- Cups & fun straws
- Blender



Directions

1. Peel the banana and cut into nice big slices on a chopping board. Ideally, you want to use frozen bananas, so remember to put the banana slices in the freezer the day before.
2. Add the banana and spinach to a blender.
3. Pour in the apple juice.
4. Cut the lime in half, then squeeze lime juice into the blender
5. Secure the lid and blitz until smooth.
6. Serve in cups and enjoy!





PHYSICAL ACTIVITY

Scavenger Hunt - Swamp Theme

Formation: Scattered

Equipment: Copies of the hunt for each player or team

Rules / Directions

Write out tasks for students to discover depending on settings, the theme of your scavenger hunt, and available tools

Some examples/ tasks:

- Name or find three items that supplies your body with energy.
- According to MyPlate, what should half of your meal consist of? Draw it.
- Find two people and ask them to imitate your favorite dance move. Then, ask them to initial your paper when finished.
- Find one item that protects seeds.
- Answer this: why is it important that we all eat healthy meals?
- How many fruits/vegetables can you find in this area?
- My seeds are small and edible. I have a fuzzy cover and favorite color is green. What am I?
- Take a selfie with healthy choices from our four food groups.
- Find two items containing protein that is not meat.
- Bring back three red fruits or vegetables.
- I am a flower that people eat. I have more Vitamin C than an orange. I am green. Find me.
- Look for two things that can be changed or improved to make this space healthier.



This is a great game for teachers to reinforce what is being taught in class in a fun way. Take advantage of all possibilities and have fun!





high school

Tropical Island
Theme



HEALTHY SNACKING

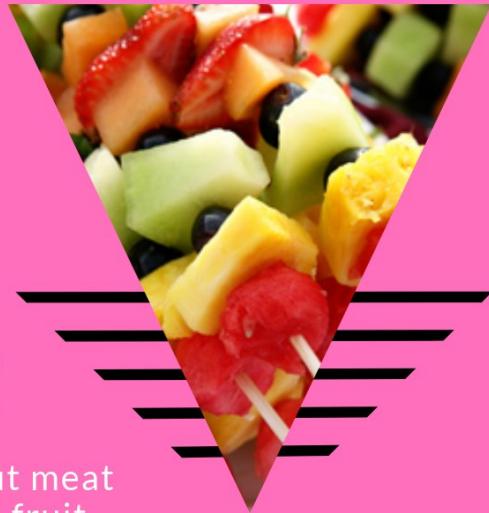
Level 1 : Low
Prep/Clean up

Fruit Kabobs

Ingredients

- Kabob sticks
- Assortment of fruit:
 - Watermelon
 - Pineapple
 - Honeydew melon
 - Cantaloupe
 - Apples
 - Kiwis

- Banana
- Mango
- Figs
- Coconut meat
- Dragon fruit
- Papaya



Directions

1. Provide each student with a kabob stick and a table with platter of thick slices or cubed fruit.
2. Have each student fill their stick with all or some fruit.
3. Eat and enjoy!





HEALTHY SNACKING

Level 2 : Medium
Prep/Clean up

Make-Your-Own Tropical Trail Mix

Ingredients

- Ziplock snack bags
- Yogurt raisins/balls
- Unsweetened granola
- Assortment of dried fruit:
 - Dried mango
 - Dried apple
 - Dried banana
 - Dried coconut
- Assortment of nuts:
 - Peanuts
 - Almonds
 - Cashews
 - Macadamia nuts
 - Pistachios



Directions

1. Set a table with each assortment in a bowl, a trail mix "salad bar".
2. Hand each student a ziplock snack bag and have the students make their trail mix as they go down the table.
3. Eat and enjoy!





HEALTHY SNACKING

Level 3 : More Prep/Clean up



Pineapple Salsa



Ingredients

- 1 ripe pineapple
- 1 cup chopped tomatoes
- 1/2 cup finely diced red onion
- 2 cloves garlic (minced)
- 1 serrano chile pepper
- 2 limes
- Salt
- Pita chips/blue corn chips (lightly salted)

Directions

1. Peel, core and dice pineapple.
2. Remove the seeds from the serrano pepper and mince.
3. Combine the pineapple, serrano pepper, tomatoes, red onion, garlic, cilantro, and salt(for taste).
4. Squeeze the juice of 1-2 limes(to your taste) over the pineapple mixture. Stir well. Allow flavors to get all cozy for about 30 minutes before serving.
5. Provide a huge bowl of chips. Dip, eat and enjoy!

* Refrigerate unused portion in airtight container for up to 3 days.

Here is an idea:

Along with this recipe, refer to Healthy Celebration Toolkit for additional recipes that will pair well with this. Split the class in groups. Each group is responsible in completing a dish to serve to the entire class.



Island-Hopping Relay race

Formation: Course
Equipment:

- Jump rope
- Hula hoop
- Beach ball
- Flower leis
- Cut out of a surfboard/boogie board



Rules / Directions

1. Set up the course. Here are some examples of some activities:

- a. Jump rope - 10 times
- b. Hula Hoop- 10 times
- c. Wear the flower lei and do an impression of a hula dancer - 2x on each side
- d. Bounce the beach ball on the head (on the nose for an extra fun challenge)
- e. Grab a cut out of a surfboard, lay it on the floor/ ground, paddle with arms (4-6 strokes), jump up, and stand to "surf".

2. Split the class in teams. Record the time for each group to complete the whole course. Compare the times. The group to complete the course in the least amount of time wins!

ENGAGING with STUDENTS

These healthy celebrations are not only for birthdays, but be used for classroom celebrations as well as non-food rewards in the classroom. Here are some ideas to get the class excited about their celebration:

Have the class conduct a poll on the theme and once decided, split the class into groups. Each group should focus on the tasks to set up the celebration. Here are some examples of tasks to assign:

- Plan a group physical activity
- Create the decorations
- Planning the snack menu (themed snacks)

After successfully completing their activities, have the students choose a prize for the winning team or winner of the physical activity part of the celebration. Ask students to choose from the following prizes:

Individual Prizes

- Points system that lead up to a class reward: see "class Dojo"
- Earning seeds that can be later planted (in class sprouts or in garden)
- School supplies: erasers, pencils
- Inexpensive toys: Jump rope, bubble blowers, stickers, hula hoop, paddle ball, coloring materials, glow-sticks, water bottles, mini-notebooks/journals, curly straws
- Certificate of achievement
- Student-of-the-week/month
- Re-useable utensils set
- Homework Pass
- Opportunity to lead a class break or activity
- Teacher's helper for the day/class period
- A ticket to switch seats in any class
- Ask one free question on a test
- Allow one student to use headphones or the whole class to listen to the music of their choice while working
- Give out a pass for one late assignment
- Set aside movie day and allow students to choose the movie
- Ask students what skill/crafts they are interested in learning (knitting, dance, yoga, etc.) and acquire the source to make it happen



Group Prizes



- Dance party (Use online dance videos or bring in a PE teacher or Zumba instructor)
- Learn new song together
- Extra play time
- Let students choose a theme day (Dress as your favorite fruit, soup day or fiesta day)
- Free time at the end of class
- Drop the lowest quiz grade for the quarter

ENGAGING with PARENTS

If the “birthday student” would want to celebrate during class time with fellow classmates, please share these healthy celebrations with them. The parent/guardian **could help set up or provide the healthy ingredients** to ensure that the class creates a healthy and supportive environment for both the celebrant and their fellow classmates.



LET'S CELEBRATE

WITH
HEALTHY
CELEBRATION
TOOLKIT

Bronx Health REACH

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