



Classroom Celebrations

It is common in our culture to celebrate special events with food. Often the foods we choose to celebrate with have a lot of fat, sugar and/or salt and not a lot of other healthy nutrients.

If you are considering food for a classroom celebration, it is important to remember that there are many other ways to celebrate special events. Ask yourself - is food needed?

If you answered 'no'

- ✓ Show kids that they can celebrate special events without food.
- ✓ Celebrate with non-food items like stickers, pencils or erasers.
- ✓ Celebrate with new games, art projects or music.



If you answered 'yes'

- ✓ Show kids that they can celebrate special events with nutritious food. There are a few ideas listed below.
- ✓ Serve the food during a scheduled meal or snack time.
- ✓ Consider allergies in the classroom. Serve foods that all kids can eat.
- ✓ Consider the cultural diversity of your school. Serve different cultural foods.

Nutritious Meal and Snack Ideas for Classroom Celebrations

- Mini crust-less sandwiches using whole grain bread. Cut into fun shapes. Cookie cutters work great for this!
- Fresh vegetables or fruit cut up into bite-size pieces. Form them into a fun shape on a platter.
- Mini whole grain pitas topped with tomato sauce and cheese.
- Kabobs with bite-size shapes of fruit and cheese.
- Bannock with black bean dip or hummus.



Image References

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