

# School Celebration Guidelines



## What Works Well

- Having fun, celebrating, and helping kids feel special without food. Surveys show kids love prizes and extra privileges!
- Teaching and modeling healthy food choices during those times when classroom celebrations *do* involve food. The school's Wellness Policy can help guide what food is offered.
- Hosting classroom celebrations that teach and honor the diversity of each school community.

## What Doesn't Work Well

- Using food to celebrate individual birthdays.
- Using food as rewards for student behavior, academic performance or accomplishments.
- Hosting classroom celebrations that include food/beverages before the school lunch period.



## Some Ideas for Celebrations without Food

### Celebrations

- ✓ Scavenger Hunt
- ✓ Extra Recess or Free-Choice time
- ✓ Host a Dance Party
- ✓ "Be a Teacher" for the day
- ✓ Special group craft/art project
- ✓ Eat lunch with the principal or special guest

### Incentives/Rewards

- ✓ Points and "bonus bucks"
- ✓ Books
- ✓ Stickers
- ✓ No-homework passes
- ✓ Physical activities
- ✓ Treasure box prizes
- ✓ Games

## Some Ideas for Celebrating with Healthy Food

- Raw veggies served with dips
- Yogurt parfaits - granola and fruit
- Air-popped popcorn
- Whole grain tortilla chips with salsa or bean dip
- Pizza party using whole grain crust, vegetables, and low-fat cheeses

- Fig bars, granola bars, muffins
- Fresh fruit assortments (fruit kabobs, fruit salads)
- Trail mix party (pretzels, dried fruit, whole grain low-sugar cereals, sunflower or sesame seeds, nuts)

## For More Ideas

- [Healthy Classroom Celebrations](#)
- [Non-food Birthdays and Rewards](#)
- [Effective and Healthy Rewards for Kids](#)
- [Healthy Birthdays, Celebrations, Holidays](#)