

# HEALTHY HOLIDAYS

## September

SET THE RIGHT TONE FOR THIS YEAR'S PARTIES.  
KEEP IN MIND THESE HEALTHY PARTY TIPS:

1. Celebrate without food; shift the focus from food to fun.
2. Limit each party to include no more than one junk-food item.
3. Create a healthy snack list and have parents sign up to bring in an item from the list:  
see. [http://cspinet.org/new/pdf/school\\_snacks.pdf](http://cspinet.org/new/pdf/school_snacks.pdf)



## November

### THANKSGIVING

- Have students write or draw a picture about what they are thankful for and share it with the class.
- Create a garland of gratitude. Cut leaf shapes out of construction paper and then crinkle them up to create the lines in a leaf. Flatten them out and have children write what they are grateful for. Use a piece of string and tape the stem of the leaf over the string. Display garland in class.
- Do a service project as a class field trip.



### Healthy Party Snacks:

- Turkey roll ups
- Spread apple butter on whole grain english muffins or graham crackers
- Serve warm apple cider
- Pumpkin dip (see recipe below)

### PUMPKIN DIP

(from the Dannon Institute)

#### Mix the following ingredients:

- 3 T canned pumpkin
  - 1 c low-fat vanilla yogurt
  - 1 T orange juice concentrate (use 100% juice)
  - ½ tsp. of cinnamon (optional)
  - 1 T maple syrup (optional)
- Dip in with graham crackers**



## October

### HALLOWEEN

Kids will get plenty of candy trick-or-treating. Try to keep the focus on fun at school.

- **Focus on the costumes!** Have a parade or costume contest.
- Instead of candy, try small toys like: temporary tattoos, stickers, small plastic spiders or ghosts, spooky plastic rings or false teeth.
- Decorate pillowcases or bags for trick-or-treating.

### Healthy Party Snacks:

- Apple Cider
- Apples with caramel or yogurt dip
- Pumpkin dip and graham crackers (see recipe below)
- Roasted pumpkin seeds
- Snack cups of canned peaches or mandarin oranges (canned in juice or light syrup)
- Oranges, cantaloupe, tangerines, mangos or dried peaches
- Carrots with low-fat ranch dressing
- Use Halloween cookie cutters to make sandwiches or fruit look frightfully delicious!



## Dec/Jan



### WINTER HOLIDAYS

- Have students make holiday cards for nursing home residents or decorate pillow cases to give to a homeless shelter.
- Go caroling and sing for other classes or at a senior center.
- Decorate the classroom with a winter theme (snowflakes, snowmen or snow angels).
- Collect personal care products and prepare kits for a homeless shelter or take a service project field trip to visit a nursing home, homeless shelter, or a food bank.
- Make snow globes out of baby food jars and white glitter or plastic snow flakes. Fill with water until a half inch is left at the top (use a hot glue gun to seal the lid).

### Healthy Party Snacks:

- Hollow out red and green peppers and fill them with a dip like low-fat ranch, hummus or guacamole and serve with vegetables
- Make fruit kabobs and alternate red and green grapes or red/green apples
- Serve green beans, broccoli, and tomatoes with a low-fat dip

### TASTY TRAIL MIX

#### Mix the following ingredients:

- 1 c dried fruit
  - 1/2 c raisins
  - 1 c Wheat Chex cereal
  - 1 c Cheerios
  - 2 c of pretzel sticks
- Serve in individual containers or let children scoop their own from a bowl**