

# Snack Ideas for School & Classroom Parties

## Everyone Loves a Party!

Golden Valley Unified School District is committed to helping students become fit, healthy and ready to learn. Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. School and classroom parties offer an excellent opportunity for our schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind. To this end, the District Health & Wellness Committee has put together a list of suggested party snacks.



- ◆ Fresh Fruit and Vegetables
- ◆ Yogurt with fruit or granola or nut toppings
- ◆ Bagels with low fat cream cheese
- ◆ Baby carrots & other vegetables w/low fat dip
- ◆ Fig Cookies
- ◆ Animal Crackers
- ◆ Low-fat Popcorn
- ◆ Soft Pretzels with Mustard
- ◆ Apples with low-fat caramel or yogurt dip
- ◆ Fruit snack cups
- ◆ Trail Mix
- ◆ Muffins (regular size, not the super size)
- ◆ Fresh Fruit kabobs or Fruit Salad
- ◆ Baked Chips
- ◆ Low-Fat Pudding
- ◆ Pizza (no extra cheese & no more than one meat)
- ◆ String Cheese
- ◆ Cereal Bar
- ◆ Single-serve low fat or fat free milk
- ◆ Single serve 100% fruit juice
- ◆ Bottled Water (including flavored water)
- ◆ Baked Tortilla chips & salsa
- ◆ Flavored Rice Cakes
- ◆ Chex Mix
- ◆ Snack size bags of pretzels or crackers
- ◆ Granola mix

*Please check for student allergies before serving any of these suggested ideas.  
Common food allergies are: nuts, seeds, dairy, & tomatoes*



## Perfect Party Ideas

**Savor the flavor.** At the party, serve no more than one sugary higher-fat item. Provide mostly healthier party snacks and non-food goodies. Only allow students to bring healthy snacks to share with the class

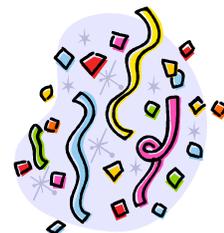
**Keep them moving with the following activities :** Simon Says, Duck Duck Goose, relay races , etc.

**Keep them entertained.** Shift children's focus away from candy to: making crafts for the holiday, playing games, acting out short plays or learning about the holiday's history.

**Make good food look delicious!** Use holiday themed cookie cutters to make sandwiches or fruit more interesting. Create fruit or veggie kabobs.

## Websites and More Websites!

[www.perfect-party-ideas.com/healthy-party-snack-ideas.html](http://www.perfect-party-ideas.com/healthy-party-snack-ideas.html)  
<http://familyfun.go.com/recipes/kids/feature/famf19snack/famf19snack.html>  
[www.reasonstoparty.com](http://www.reasonstoparty.com)  
[http://www.verybestbaking.com/recipes/category/snack\\_recipes.aspx](http://www.verybestbaking.com/recipes/category/snack_recipes.aspx)  
<http://www.chiff.com/a/obesity-kids.htm>



For other websites, you can Google "healthy party snacks"