

HEALTHY FOODS FOR CELEBRATIONS

fun + healthy go hand in hand!

Dear Students and Families,

We love to celebrate! Birthday parties and holiday celebrations provide a perfect opportunity to role model how fun and healthy eating go hand-in-hand! As a part of our efforts towards health and wellness, our classroom is committed to hosting healthy celebrations.

If you choose to bring in food for a celebration, let's make it count with healthy choices! Fun, tasty options include:

- **Fruit and Cheese Kabobs:** Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.
- **Make Your Own Trail Mix:** Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for students to make their own trail mix.
- **Fruit Smoothies:** Show up at snack time with a blender, frozen fruit, and yogurt! *Be sure to make arrangements with us first.*
- **Yogurt Parfaits:** Layer granola, fruit, and yogurt in plastic cups. Send in on a tray covered with plastic wrap; OR send in the ingredients, cups and spoons and let the students make their own parfaits.
- **Vegetable or Fruit Platters with Dip**

Our efforts are supported by Let's Go!, a program at The Barbara Bush Children's Hospital at Maine Medical Center. Let's Go! works where children and families live, learn, work, and play to help make the healthy choice the easy choice. Let's Go! encourages families to adopt the 5-2-1-0 message:

- 5** or more **FRUITS & VEGETABLES**
- 2** hours or less of **RECREATIONAL SCREEN TIME**
- 1** hour or more of **PHYSICAL ACTIVITY**
- 0** sugary drinks, **MORE WATER**

For more information about Let's Go!, visit www.letsgo.org. Thank you for joining us in our commitment to healthy kids!

Sincerely,