

# FAMILY FOCUS



## Celebrate the Healthy Way

Cupcakes, cookies and sugary foods are a staple for events such as birthday/holiday parties in child care. However, we know how important it is for children to make healthy choices. Snack time and celebrations are a perfect time to introduce healthy foods in a fun way!



Try these ideas at your next celebration:

- Friendship Fruit Salad - Have each person bring a different fruit and make a fruit salad to share. (You can also make fruit kabobs!)
- Banana Pops - Slice bananas in half and slide in a popsicle stick. Roll in yogurt and whole grain cereal topping and freeze.
- Fruit Smoothies - blend fruit with ice and low-fat milk.
- Whole-grain crackers - Serve with cheese cubes, string cheese or hummus.
- Cereal mix (whole-grain, low sugar cereals mixed with dried fruit, pretzels, etc.)
- Celery with peanut butter and raisins\*
- Try serving raw vegetables with fun and health dips such as hummus, salsa, bean dip, low fat ranch or low fat yogurt.
- Make sure to offer water, low-fat or fat-free milk or 100% juice to drink.



Consider non-food celebrations! Non-food focus activities provide opportunities for singing, dancing, playing games and more!



\*Please consider ages when choosing foods. Some items may be choking hazards. Be aware of food allergies and offer foods that all the children can enjoy.

Source: [www.actionforhealthykids.org/storage/documents/parent-toolkit/celebrationsf3b.pdf](http://www.actionforhealthykids.org/storage/documents/parent-toolkit/celebrationsf3b.pdf)



### TEXT

Get info at your fingertips text – KSKIDS to 59925



### CALL

To receive a Child Care List 855-750-3343



### SEARCH

Resources online at [www.ks.childcareaware.org](http://www.ks.childcareaware.org)



To stay up-to-date:

