

Healthy Celebrations

- Play a game or have extra recess time
- Do a craft instead of having a snack
- Let the birthday child bring their favorite book for story time
- Have a dance party
- Donate something to the classroom (book, game, etc.)
- Arrange a treasure hunt
- Let the birthday child be the teacher's helper for the day
- Have a special show and tell
- Set up an obstacle course

S M A R T A C K S

Applesauce...1 container or pouch
Fruit Cups in 100% juice or water...1 container
Raisins...1 box (42.5g)
Dried Fruit...1/4 cup or 1 serving as listed on pack
Goldfish (Whole Grain)...about 38 pieces
Baked Lays...1 oz.
Wheat Thins...14 pieces
Triscuits...6 crackers
Ritz Crisp and Thins...1 pouch
Chex mix (Traditional or Sweet and Salty)...1/2 cup
Rice cakes...1 cake
Teddy Grahams...1 pouch or 16 pieces

Graham Crackers...8 crackers (two full sheets)
100% Juice...8 oz. or less
1% or fat free Milk...12 oz. or less
Juice Boxes 100% Juice...1 pouch
V8 Fusion...8 oz or less
Nature Valley Crunchy...1 bar
Clif zbar...1 bar
Nutrigrain...1 bar
Nature Valley Fruit and Nut Bars...1 bar
Outshine Fruit Bars...1 bar
Fudge Bars- No sugar added...2 bars
Yogurt...1 carton
Light String Cheese...1 piece
Cheese rounds/wedges...1 piece