

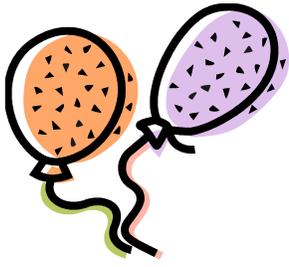
Healthy Birthday Ideas

There are many ways of making the birthday child feel special:

- ② Honor the child with a special button, badge, or crown.
- ② Allow the child to be "first" at something that day.
- ② Instead of food, ask the parents to donate a book for the classroom or school library in the birthday child's name.
- ② Have the parents read the donated book to the class.
- ② Sing "Happy Birthday!"
- ② The B-Day child can prepare & present an "All About Me" poster.
- ② Classmates can create a B-Day book for the student to keep. They can write stories, poems or draw pictures which are then bind into a book.
- ② Do art projects or play active games - center focus on activities.
- ② Let the birthday child pick her favorite music for a dance or sing-a-long.
- ② Allow the special child to choose an active game to play for P.E.

EASY, HEALTHY FOOD IDEAS

- ② Fresh Cut Fruit (apples, oranges, pears, berries, grapes, kiwi, watermelon)
- ② Fresh Vegetables with Hummus (carrots, broccoli, cucumbers, cauliflower, celery)
- ② Low-fat Yogurt
- ② Air-Popped Popcorn
- ② Fresh Fruit or Vegetable Skewers
- ② Low-Salt Pretzels



FUN PARTY FOODS



Funshine Ranch Dip



A favorite for hungry kids, this recipe makes a great school snack, and even looks like a kid's drawing of a sun.

1 bag (3.5 ounces) sun-dried tomatoes ♦ 1 stalk (or one half cup) celery, diced ♦ 3 large carrots ♦ 2 cucumbers ♦ 3 tablespoons low fat plain yogurt ♦ add herbs to taste (Italian, Dill etc.)

Place the sun-dried tomatoes in the processor bowl (remember to ask an adult for help). Add the yogurt and herbs, process until creamy. Add the celery and process again. Place a small bowl of the Funshine Dip in the center of a light-colored plate. Slice cucumbers and carrots into sticks, and arrange like the sun's rays around the dip.



Sweet Citrus Dip



1 (8 ounce) container lowfat vanilla yogurt ♦ 2 tablespoons orange concentrate (thawed) ♦ 1 tablespoon lime juice ♦ 2 cups chopped or sliced fruit (such as apples, bananas, or peaches)

Combine yogurt, orange juice concentrate, and lime juice in a small bowl. Mix well. Serve with fruit.



Banana In A Blanket



1 (6 inch) whole wheat tortilla ♦ 1 tablespoon reduced-fat smooth peanut butter or almond butter ♦ 1 medium banana ♦ 1 teaspoon maple syrup or honey ♦ 1 tablespoon crunchy nutty nugget cereal

Lay tortilla on a plate. Spread peanut or almond butter evenly on the tortilla. Sprinkle cereal over peanut/almond butter. Peel and place banana on the tortilla and roll the tortilla around the banana. Drizzle maple syrup or honey on top.



Grasshopper Grab-Its



Defrost frozen Chinese snow peas (if using fresh, parboil or steam them for a minute). Slit each one open along the straight edge and stuff with a little soft herb cheese or hummus. For extra fun, serve on a plate of "grass" (shredded carrots or shredded lettuce, sunflower sprouts or clover sprouts).



Fruit Juice



Instead of serving fizzy cold drinks or sodas, which are full of additives and usually contain sugar, serve diluted fruit juice. Fruit juice has very high fruit sugar content, so diluting it is a good idea.