

# Snack-Free Party Zone!



Can it *still* be a party without snack foods? Absolutely!!! Kids love new and different things like cool games and creative challenges. With these tips, you can easily show them that healthy = fun!

Healthy parties support what your child learns through the *Power Play! Campaign*. They show how easy (and fun!) it is to make good choices. In the long run, these choices can lower your child's health risks and may even help him/her learn. If foods cannot be excluded from the party, be sure to serve healthy ones! Visit [www.ca5aday.com/powerplay](http://www.ca5aday.com/powerplay) and look for the parent tip sheet called "Smart Party Snacks" for ideas.

So – are you ready to party?!? Give classroom and holiday bashes a healthy makeover with these fun and educational ideas:

## Birthdays

Focus on the birthday child – the real reason for the party. He/she can share a favorite memory, have a show and tell, or make a "new year" resolution. Then, get the whole class involved with these ideas:

- Plan special games and activities. Instead of food, hand out low-cost treats like stickers, pencils, erasers, or other small items.
- Take the party outside! Ask your child's teacher to let the birthday child choose and lead an active game for everyone.
- Make a "VIP Birthday Kit" for your child's classroom with a birthday button, badge, or crown. Suggest that the teacher let the birthday child be first in line for lunch or recess on his/her special day.
- Give a book to the class library in honor of your child's birthday. Ask if your child may read a page or chapter of the book aloud.

### Fun Factor!

What did you like to do as a kid? Remember how much fun it was being silly, "grossing-out" adults, making wishes, and winning challenges? Your child likes doing those things, too. Explore creative new ways to enjoy them together!

## Holidays

Why is today so special? Ask the teacher to use art, story telling, reading, creative writing, and games to teach the history and meaning of the holiday.

- Suggest that your child's classroom make cards to give to nursing homes or hospitals.
- For Halloween, ask if children may make paper masks and act out a spooky play. Other candy-free treat ideas include bracelets, spider rings, crossword puzzles, maze games, or yo-yos.
- Children can celebrate Thanksgiving by writing a poem, drawing a picture, or telling a short story about being thankful for someone or something.
- For a truly happy Valentine's Day, ask if students may write one nice comment about each classmate and pass them out during class.
- Volunteer to teach an Irish dance step in honor of St. Patrick's Day.
- Offer to bring in a CD of music your family listens to during the holidays. Have your child tell why the holiday is special to your family.
- Be a "cultural ambassador" to your child's class. Dress in traditional clothing, show pictures, tell a folk story, do a craft project, or play cultural music to share your family's holiday traditions.

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## ***Class Rewards and Recognitions***

- Volunteer to help plan fun activities such as art, music, and cooking demonstrations.
- Ask if your child's class can "earn" special rewards for good behavior, for example:
  - Enjoying a lesson outside
  - Taking a walk with the principal during lunch
  - Dancing to music in the classroom or listening to music while working
  - Earning "Friday Free Time" or extended recess time
  - Having the teacher perform a special talent (e.g., sing, dance, perform magic tricks, etc.)
  - "GAME TIME" – children earn letters to spell "game time" and earn reading/story time, the chance to play educational board games, or extra recess time



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For more information about the California Children's 5 a Day — Power Play! Campaign, visit us at [www.ca5aday.com/powerplay](http://www.ca5aday.com/powerplay) or call 1-888-328-3483.