



# DECEMBER

## Healthy Holiday Choices

### Party the Healthy Way!

Offering healthy snacks and fun activities for school celebrations is an awesome way to reinforce healthy habits and make sure your students and staff will never miss the unhealthy options! Consider updating your wellness policy and implementing some of these options for healthier celebrations during the holidays and beyond!

#### Offer Non-Food Celebrations!

- Offer physical activity as a reward like extra recess or PE, a dance party, or a themed parade around the school
- Host special dress days where students can wear hats or pajamas
- Give prizes, like books, tickets, pencils or erasers, or slap bracelets
- Give recognition with shout-outs in the morning announcements, during an assembly, or letting the students wear a crown or special sash

#### Healthy Snack & Beverage Ideas

- Fruit smoothies (made with frozen fruit with no added sugar)
- Canned fruit or fruit cups
- Whole grain crackers, pretzels, or cereal bars
- Low-fat or air popped popcorn with no added butter or salt
- Small whole grain bagels
- Graham crackers

