

Created by Nurse

A New School YearA Healthy Beginning!!!



Holiday Celebration

Below are some **healthy foods**, which could be used for your child's holiday celebration. These items are **low in fat and sugar**. Please check the packaging on these products manufacturers change ingredients without warning.

- Fruit Kabobs
- Fruit / Vegetable Bowl
- Apple Sauce Cups
- Low-Fat Yogurt / Smoothies
- Low-Fat Pudding
- Low-Fat Popcorn
- Graham / Animal Crackers
- Pretzels
- Dry, Low Sugar Cereals
- Whole Grain Breads (bread sticks, pita bread, tortillas, mini bagels)
- Low-Fat Cheese
- Fruit / Vegetable Tray with Dip
- Baked Chips with Salsa
- Pita with Hummus or Veggie Dips
- Low-Fat Trail Mix with (Pretzels, Dried Fruit, Raisins, High Fiber Cereal.

ALWAYS BE AWARE OF ANY FOOD ALLERGIES IN YOUR CHILD'S CLASS

Birthday Celebration

If you wish to have your child bring in something for his/her birthday, below are some suggestions for **non-food items** that are allowed in school.

- Stickers, stamps, play tattoos, coloring book, crayons, pencils, erasers, notepad, book, clay, bubbles, balls, jump ropes, mini-frisbees, matchbox cars, yo-yo's, playing cards or other small fun toy
- Art Craft for students to take home
- Donate a book to the class library in honor of the birthday child (parent can even wrap your child's favorite book in birthday wrapping paper and your child or teacher can read it to the class)
- Make a crown for your child and the class can sign the crown
- Create a birthday card or book and the class can sign it
- Bring in a tape of a special birthday song for the class to listen to

Your child's teacher may have his/her own way to honor your child's birthday. Please contact your child's teacher ahead of time to discuss your child's birthday.

Love and Health, Lois Finn RN CSN Indiana Ave. School Nurse