

Why Celebrate Healthy

Kids love a celebration — what food is served really doesn't matter.

By centering a party on eating “junk” food, kids begin to associate unhealthy foods with fun occasions. Why not build that association around healthy foods instead?

A Healthier Menu

You don't have to scrap the cake, just keep pieces child size and include healthier foods, too. Try these!

- » Fruit kabobs
- » Low fat pudding
- » Angel food cake topped with fruit
- » Bite size sandwiches
- » Cheese cubes
- » Pita or bagel chips
- » Skim milk or flavored fizzy water
- » Carrots and dip

Celebrations don't always have to revolve around food! There are other ways to have a good time. Try giving celebrations a new theme without food as the focus:

- » A scavenger hunt
- » Ice skating
- » Bowling
- » Swimming
- » Sledding
- » Arts and crafts

For more tips on helping kids eat better and move more, visit www.mass.gov/MassinMotion



Information adapted from the NAP SACC Program, Center for Health Promotion and Disease Prevention, The University of North Carolina, Chapel Hill, NC, 2006.