



Celebrating the Healthy Way!

A resource for teachers



Classroom celebrations are a fun way to mark special events or holidays and students look forward to the change in routine. There are many possible reasons to celebrate, and teachers can take advantage of the opportunity to serve food that is both yummy and nutritious while highlighting the importance of healthy eating. Healthy celebrations can reflect and reinforce a school's values when it comes to maintaining a healthy environment.

Make the healthy choice the easy choice!

Offer nutritious, fun foods during parties and celebrations.

Shift the focus from unhealthy food to healthy fun!

Offering healthy food and drinks during celebrations...

- teaches students that healthy foods can be 'fun foods'.
- supports the healthy eating lessons being taught in the classroom.
- helps to promote dental health.
- supports a healthy school environment.
- demonstrates that the school values student health.
- encourages students to try new, healthy foods.

Suggestions for teachers:

- Schedule parties after lunch rather than in the morning.
- Highlight healthy celebrations in the school newsletter and/or during morning announcements.
- Create a healthy party recipe book: ask staff and parents to send in healthy recipes, and then compile these ideas into a book that staff and parents can use.
- Make it a learning opportunity! Involve students in the planning and preparation of healthy snacks for classroom parties.

Plan ahead:

- To reduce the number of parties (and the treats that come along with them)- set aside one day each month to celebrate all of the birthdays that fall in that month.
- Keep parents informed about celebration and party plans, and ask for their cooperation and participation. Ask them to sign-up to bring specific foods on celebration days.

Food for thought:

- Some activities in this resource suggest using foods for purposes other than eating. We recognize that there may be different feelings about this. Consider having a conversation with your students about how to respect and value the foods we eat. Regardless of the approach you take with your students, we encourage you to demonstrate respect by incorporating these foods into a recipe or another activity so they don't go to waste.
- Practice sustainable waste management by composting in your classroom. Bring in a bag or bucket to compost when making these recipes.



When you see this symbol it means staff from the Health Promotion Unit have tried this recipe and can happily endorse it for your classroom.

Start your own classroom Healthy Holiday Traditions!

August/September 1
Fall and Thanksgiving

October 4
Halloween

November 7
Winter Fun

December 9
Holiday Season

January 12
New Year's

February 15
Valentine's Day

March 17
St. Patrick's Day

April 20
Spring and Easter

May 22
Cinco de Mayo

June 24
Spring is in the air

Birthday Parties 27

August/September - Fall and Thanksgiving

Fruit/Veggie Turkey

INGREDIENTS

Any varieties of fruits or vegetables (mix up the colours)

Dip- hummus, ranch, yogurt dip (for fruit turkey)

INSTRUCTIONS

Arrange in any fashion to resemble a turkey. Get creative using different types of fruits and veggies.

Try: peppercorns as eyes, yellow pepper as the beak, carrots or celery sticks as the legs. Try different sizes depending on the group (one large one made together, or split into a “veg” group and “fruit” group).



Harvest Granola Bars

INGREDIENTS

- 1 1/2 cups old fashioned rolled oats
- 1 cup crispy rice cereal
- 2 tablespoons flaxseeds
- 1/2 cup unsweetened shredded coconut
- 1 cup mixed dried fruit (try any of: blueberries, chopped dates, raisins, cranberries, apricots)
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1/4 cup coconut oil
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt

INSTRUCTIONS

Prepare an 8"x8" square baking pan by lining with parchment paper.

In a large bowl, stir together oats, crispy rice cereal, flaxseed, shredded coconut, mixed dried fruit, and chocolate chips. Set aside.

In a small saucepan on low heat or bowl in the microwave, melt together honey and coconut oil, stirring frequently. When the mixture starts foaming and bubbling, remove from heat. Add vanilla extract and salt, and stir well.

Pour liquid over the dry ingredients and mix very well until the dry ingredients are all coated. Place granola into the prepared pan and, using wet hands, press down very firmly. Press the mixture until it is flattened and firm.

Place pan in refrigerator and chill for at least 5-6 hours. Remove from pan by using the parchment paper. Cut into bars and enjoy (or store in the refrigerator).



Apple Donuts

INGREDIENTS

Apples

No-nut butter

Flavoured greek yogurt or cream cheese

Suggested toppings: granola, blueberries, shredded coconut, dried cranberries, and chocolate chips

INSTRUCTIONS

Slice the apples into 1/2-inch circles. Either core the apple before slicing or cut a hole in the center of each slice afterwards. This will be the “donut”.

Spread the no-nut butter, yogurt or cream cheese onto the apple donuts to create “icing”.

Garnish each with a variety of the toppings to create “sprinkles”.

You can try piping some “icing” out from a small plastic bag or decorating tool.



Fall Party Ideas

Crazy Cranberry Build

Use toothpicks and big fresh cranberries to build. Have a competition for tallest structure or strongest.



Demonstrate respect by incorporating these foods into a recipe or activity so they don't go to waste.

Leaf Art

Have the class collect fall leaves on a nature walk. Then place a loop of tape on the back of each leaf and stick to a blank sheet of paper. Use different colours of fall paints (reds, browns, yellows) to paint over the leaves onto the paper. When the paint has dried, carefully peel off the leaves to show the negative space left behind.

You can also try leaf-rubbing by placing a leaf on a flat surface with a piece of paper over it. Try using tracing paper, parchment paper, or wax paper. Try using a variety of mediums (crayons, oil pastels, coloured pencils) to draw overtop of the leaf to reveal the raised edges from it. Mix and match your mediums.

October - Halloween

Spider Crackers

INGREDIENTS

Round crackers

Pretzel sticks

Cream cheese and/or no-nut butter

Eyes: small dried fruit such as raisins, blueberries or cranberries, candy eyes, small chocolate chips, mini M&M's

INSTRUCTIONS

Spread cream cheese or no-nut butter on two crackers so that it's thick enough to secure the pretzels.

Break 4 pretzel sticks in half.

Place the 8 broken pieces around one cracker to look like spider legs.

Take the second cracker and sandwich the pretzel sticks in between the two crackers, without them moving.

Dip eyes in cream cheese or no-nut butter and stick them to the top of one side of the spider.



YG Photo

Boo-nana Pops

INGREDIENTS

Bananas (1/2 banana per pop)

Unsweetened shredded coconut

Flavoured vanilla yogurt

Eyes: small dried fruit such as raisins, blueberries or cranberries, candy eyes, small chocolate chips, mini M&M's

Kabob skewers or small popsicle sticks

INSTRUCTIONS

Slice each of the bananas in half and insert the kabob skewers into them like ice pops.

Taking one at a time, cover the banana in yogurt.

Then, roll the banana in shredded coconut and add the eyes.



Frankenstein/Monster Smoothies

INGREDIENTS

- 2 cups spinach
- 1 cup orange juice
- 1/2 cup vanilla yogurt
- 1 cup frozen pineapple
- 1 cup frozen mango
- 1 banana
- Optional: frozen mixed berries

INSTRUCTIONS

Have the students draw on the outside of a clear plastic cup.

Add all ingredients into blender and blend until smooth. Pour into the cups. Green smoothies will make the monsters look especially spooky.

Optional: try adding berries to the smoothie to make the monsters purple.



October Party Ideas

Bowling

Use white paper cups decorated as ghosts and use a tangerine decorated as a jack-o-lantern to bowl down the ghosts.



Demonstrate respect by incorporating these foods into a recipe or activity so they don't go to waste.

Pumpkin Volcano

SUPPLIES

- 1 small pumpkin per student or group
- Baking soda
- Vinegar
- Food colouring (optional)
- Dish soap
- Water
- Pumpkin carving knife
- Spoon or melon baller

DIRECTIONS

Hollow out the pumpkin using carving supplies. Scoop out the inside of the pumpkin.

Mix together warm water and food colouring with about 5 drops of dish soap. Fill the pumpkin about $\frac{3}{4}$ full with this mixture.

When you are ready to make the eruption, add a few tablespoons of baking soda and then add $\frac{1}{4}$ cup of vinegar.

November - Winter Fun



Baked Apples

INGREDIENTS

- 4 large baking apples
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 cup currants or chopped raisins
- 3/4 cup hot water
- 1 tablespoon butter

INSTRUCTIONS

Preheat the oven to 375 degrees F.

Wash and core apples, leaving enough of the core at the base of the apple to contain the filling.

Combine the butter, brown sugar, cinnamon and raisins in a small bowl. Press enough into each apple to fill the core.

Fill a 2-quart (approximately 8" x 8") baking dish with about 3/4 cup water, or enough to cover the bottom. Place the apples upright in the dish. Bake until the apples are soft and the filling is browned, 1 hour.



Banana Snowmen

INGREDIENTS

- Bananas
- 1/4 of a carrot
- Handful of mini chocolate chips
- strawberries
- green grapes
- 6 skewers
- Optional: pretzel sticks as arms

INSTRUCTIONS

Cut the bananas into thick slices (approx. 9 rounds per banana).

Peel the carrot and cut into small triangular slivers for a pointy nose.

Trim the stem from the strawberries and then cut in half. You should get two hats out of each strawberry.

Cut the grapes in half.

To assemble, thread three slices of banana on to each skewer followed by a strawberry hat and grape half. Gently press the currants or chocolate chips into the banana slices to create eyes and the buttons on the body then add the carrot nose. Optional: add arms using the pretzel sticks.





November Party Ideas

Frosted Pinecones

SUPPLIES

Pinecones
White Acrylic Paint
White School Glue
Large Silver Glitter
Silver Cord

DIRECTIONS

In a bowl large enough for a pinecone to fit in, mix 3 parts white acrylic paint and to 2 parts white school glue.

In another large bowl, pour a shallow layer of glitter.

Roll the pinecones around in the paint and glue mixture. Then into the glitter mixture so the tips get covered.

Attach some silver cord by attaching a loop of thread with glue or simply tie the cord to the cone.



Make Snow

SUPPLIES

2 cups of frozen baking soda
Up to 1 cup of cold water (added slowly)
Vinegar
A large bin or container
Optional additions:
Snow glitter
Peppermint extract (to make the snow smell like Christmas)

DIRECTIONS

Begin by pouring 2 cups of frozen baking soda into a large bin or container.

Then, slowly add cold water and mix, slowly adding more water and mixing until the desired consistency is reached.

You can use more or less water to create different snow consistencies, but the idea is to use roughly one-part water and two parts baking soda.

As you mix the water into the baking soda the most amazing, fluffy play snow will form!

After playing with the 'snow', experiment with the vinegar by spraying it, using a spray bottle, onto a snowball or dropping a ball into a bowl of vinegar to make a snow avalanche!

December - Holiday Season



“Candy” Canes

INGREDIENTS

- 1 banana
- 2-3 strawberries

INSTRUCTIONS

Slice the banana and strawberries into small pieces, making sure you allow for the curve for the candy cane.

Alternate the banana and strawberry pieces into the shape of a candy cane and enjoy.

Grinch Heads



INGREDIENTS

- 24 grapes
- 1 banana, cut into 24 slices, or as needed
- 24 strawberries, tips removed
- 24 mini marshmallows
- 24 toothpicks

INSTRUCTIONS

Thread 1 grape, 1 banana slice, 1 strawberry (narrow end facing up), and 1 marshmallow onto 1 toothpick to resemble the Grinch's head wearing his red hat.

Rudolf



INGREDIENTS

Celery sticks

No-nut butter or cream cheese

Pretzels

Eyes: dried currants, candy eyes, mini chocolate chips

Fresh raspberries

INSTRUCTIONS

Slather the no-nut butter or cream cheese onto the celery stalk.

Add the antlers (half pretzel), eyes, and nose for the full Rudolph face.



YG Photo



December Party Ideas

Jingle Bell Toss

With red cups and jingle bells, set up the cups in a pattern (pyramid, diamond, 4X4...etc) and have the kids toss the bells to get them in. Try mini red cups and small bells.

Sticky Window Gellies

Create beautiful window ornaments.

SUPPLIES

Plain, unflavored gelatin

Food colouring

Drinking straw

Water

Glitter (optional)

*You can use the recipe below for two pans around 8×12 inches, or use large, rimmed cookie sheets for your gelatin. For a single pan, cut the recipe in half.

DIRECTIONS

Add 6 packs of plain, unflavored gelatin (1 oz or 28 gm) to 4 cups of boiling water. Stir well until all the gelatin has dissolved and remove bubbles with a spoon.

Allow gelatin to cool to a kid-safe temperature. Pour the liquid gelatin into two large pans so it's around 1-1.5 cm deep. It doesn't have to be exact. If you want to use glitter, add it at this point.

Once it's firm, use a straw to create holes in the gelatin, a few cm apart, scattered across the surface. It works best to poke a straw straight into the gelatin, but not all the way to the bottom. Spin the straw and remove it. Then, use a toothpick or skewer to pull out the gelatin plug you've created. This will leave a perfect hole for the food colouring. Very young children may need help.

Add a drop of food colouring to each hole in the gelatin. Let the gelatin pans sit for 24 hours.

When the food colouring has made colourful circles in the gelatin, use cookie cutters to cut shapes from both pans of gelatin, carefully remove them from the pan with a spatula or your fingers, and use them to decorate a window. Don't get frustrated if they break, since you can stick them back together on the window.

January - New Year's

Fruit Kabob Fireworks

INGREDIENTS

Strawberries

Grapes

Blueberries

Any other fruit of various colours

Skewers

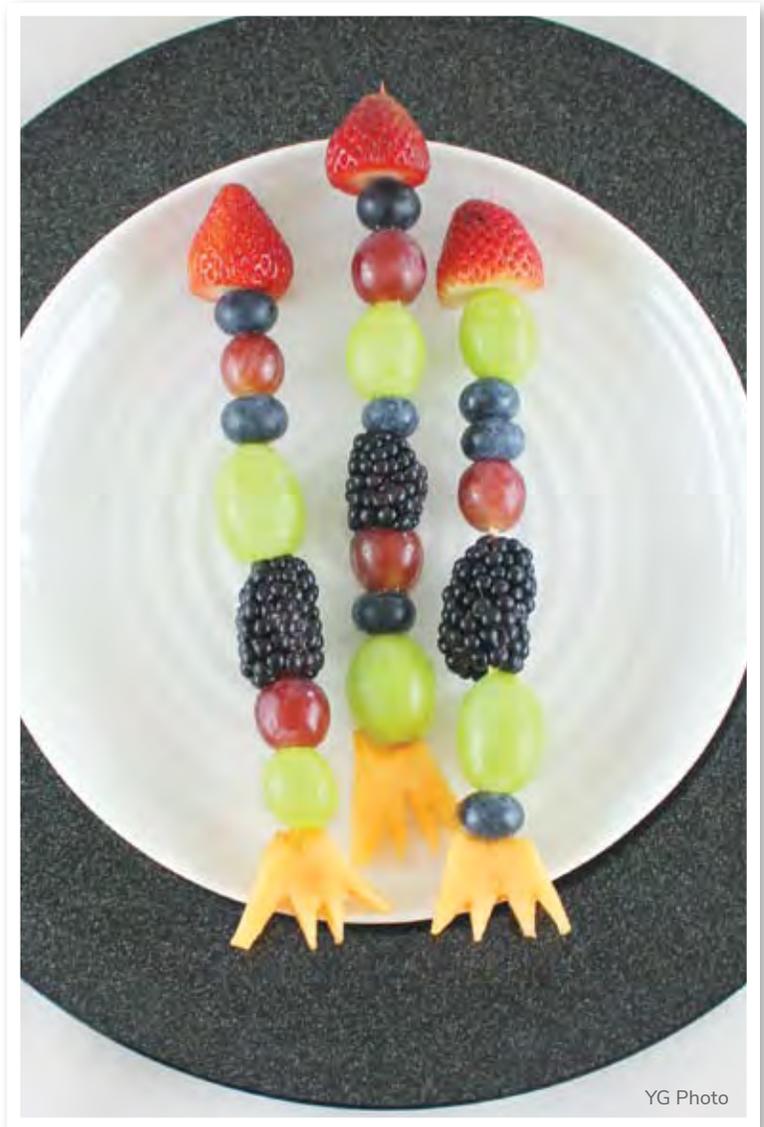


INSTRUCTIONS

Wash and dry the fruit. Cut the stems off the strawberries. Cut the rest of the fruits into shapes that fit on the skewers.

Assemble the skewers alternating with different coloured fruit. Top each skewer with a strawberry to make a point at the top of the firework rocket.

Sometimes it's possible to find skewers with streamers on them, or you can decorate the bottoms with tissue paper to act as the firework tails.



YG Photo

Shirley Temples

INGREDIENTS

2 tablespoons grenadine
3 tablespoons orange juice
6 tablespoons club soda
Ice
Cherries and/or citrus slices (optional, as garnish)

INSTRUCTIONS

Pour grenadine into a glass then orange juice.
Fill glass with ice and top with club soda.
Garnish with cherries or a citrus slice if desired.



New Year's Snack Mix



INGREDIENTS

- 4 cups square whole grain cereal
- 2 cups of pretzels
- 2 cups of whole grain cereal O's
- 1 cup of dried fruits (ex. dried cranberries, dried blueberries, raisins)
- 1 package of white chocolate chips

INSTRUCTIONS

In a large bowl, mix all ingredients except the white chocolate chips.

Place white chocolate chips in a microwave safe bowl and melt, stirring half-way. Times will vary between microwave ovens, approximately 1-2 minutes.

Pour chocolate over snack mix and stir. Cool mixture on a lined baking sheet until firm.



January Party Ideas

Host a New Year's Party

The countdown ending with the bell for recess/lunch/end of day. Have the class make noise makers or confetti poppers for the end of the countdown. Make party hats and glasses and decorations.

Create a Time Capsule

Put items or writings into a container that the class opens at the end of the school year. Or you could start this activity at the start of the year and then open it at the New Year's party.

February - Valentine's Day

Fruit Salad and Yogurt Dip

Use heart-shaped cookie cutters to cut fruit into heart shapes. Or, make a red fruit salad with red fruit (ex. watermelon, strawberries, and raspberries). Try making your own yogurt dip.

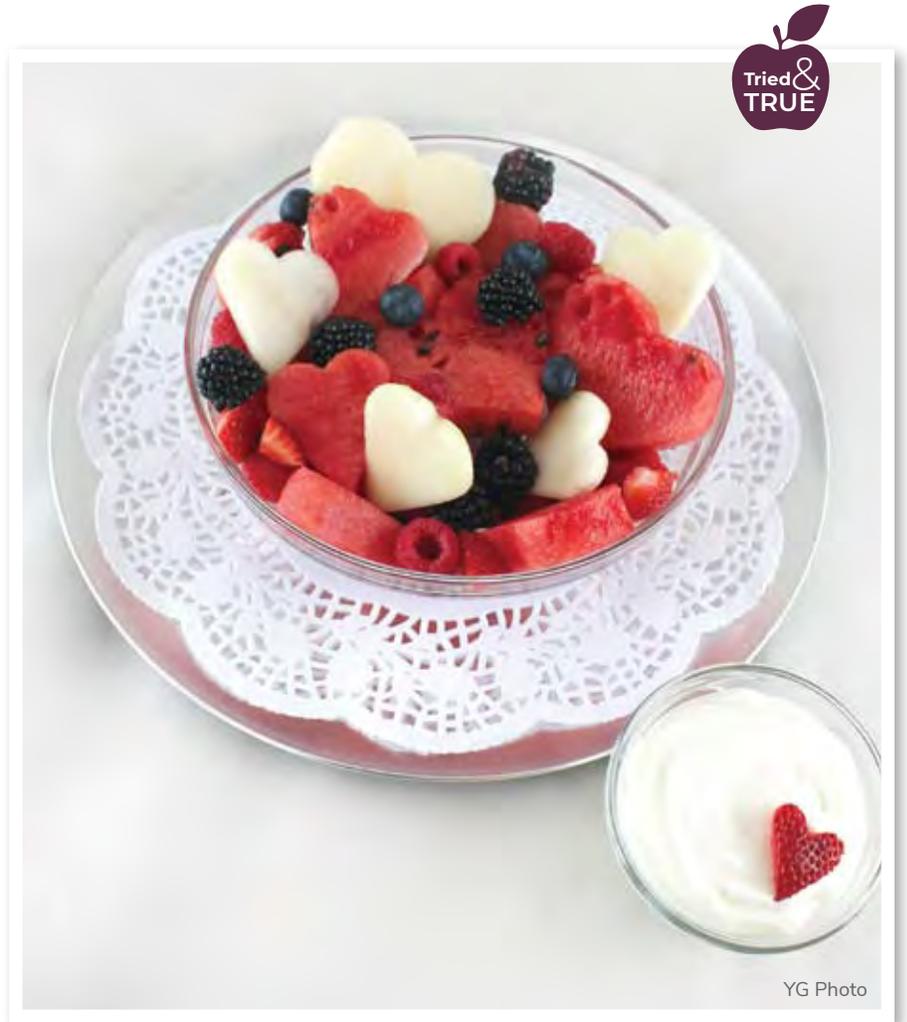
INGREDIENTS

4 ounces cream cheese softened
5-6 ounce container of vanilla greek yogurt
1/4 teaspoon vanilla extract
1 tablespoon honey

INSTRUCTIONS

Using a hand mixer or stand mixer, beat all ingredients for several minutes, until smooth and creamy.

Refrigerate any leftovers in a sealed container.



Heart Pizzas



INGREDIENTS

- 3/4 cup warm water
- 1 envelope active dry yeast
- 2 cups (or more) all purpose flour
- 1 teaspoon sugar
- 3/4 teaspoon salt
- 3 tablespoons olive oil

INSTRUCTIONS

Pour 3/4 cup warm water into small bowl; stir in yeast. Let stand until yeast dissolves, about 5 minutes.

Mix 2 cups flour, sugar, and salt in processor. Add yeast mixture and 3 tablespoons oil; process until dough forms a sticky ball. Transfer to lightly floured surface. Knead dough until smooth, adding more flour by tablespoonful if dough is very sticky, about 1 minute.

Roll out the dough and shape into hearts.

Put pizza sauce and a variety of toppings (ex. green peppers, mushrooms, pineapple, olives, pepperoni, ham). Top with mozzarella cheese.

Bake at 450° for 15-20 minutes or until edges are golden and cheese is melted.



February Party Ideas

Spot the Hearts

Take stickers or cut out hearts and hide them around the classroom. Throughout the day, kids hunt and collect them. Have fun prizes such as stickers, pencils, tattoos, erasers and toys for the student(s) that find the most.

Pin the Kiss on the Frog

Print off or make a prince frog and a kiss lips for each student. With tape, have them pin the kiss on the frog.

March - St. Patrick's Day

Shamrock Chips and Green Guacamole

INGREDIENTS (for Green Guacamole)

- 3 avocados
- 1 lime
- ½ cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 small tomatoes
- 1 teaspoon minced garlic
- 1 pinch salt

INSTRUCTIONS

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic.

INGREDIENTS (for Shamrock Chips)

- 6 large spinach herb wraps or tortillas
- Non-stick cooking spray

INSTRUCTIONS

Preheat oven to 350°F.

Using a clover-shaped cookie cutter, cut shamrocks out of each tortilla. Try to make your cuts as close to the edge as possible so there are minimal scraps left over.

Arrange the shamrocks in a single layer on a baking sheet. Spray them lightly with non-stick cooking spray.

Bake for 5 to 7 minutes. Remove from oven and let cool.



Green Smoothies

INGREDIENTS

- 2 cups spinach
- 1 cup orange juice
- 1/2 cup vanilla yogurt
- 1 cup frozen pineapple
- 1 cup frozen mango
- 1 banana

INSTRUCTIONS

Place all ingredients in the blender and blend on high until smooth.





March Party Ideas

St. Slimey

(make green slime with gold sparkles)

SUPPLIES

Two 4 oz. bottles of school glue

1 teaspoon Borax

Water

Plastic cup

Bowl

Green food colouring

Gold sparkles (optional)

INSTRUCTIONS

Begin by emptying the two bottles of glue into a bowl. Then fill bottles with warm water, shake and empty into your bowl.

Add some green food colouring and gold sparkles. Set aside.

Add 1/2 cup warm water to your plastic cup. Add 1 teaspoon Borax to the water and mix until it dissolves. Then pour this into your glue bowl.

Start stirring and you will notice how it starts becoming stringy. Keep mixing by using your hands and squishing around. You will notice after a few minutes that it has become pretty gelatinous. Let the kids play with it for a bit and it will become the perfect goeey consistency!

Go Green Bubble Art

(create art with just green bubbles)

SUPPLIES

1 tablespoon dish soap

3 tablespoons water

Green food colouring

Straws

Cardstock paper

INSTRUCTIONS

Mix the water and dish soap with the food colouring. Blow into the solution until bubbles form.

Gently lay your cardstock over the bubbles. As the bubbles pop, they will leave an imprint on the paper.

Repeat the process as many times with one paper until desired effect.

If you look closely, you might even find a lucky clover pattern in the prints!



April - Spring and Easter

Easter Egg Fruit Tarts



INGREDIENTS

- 1 cup no-nut butter
- 1/4 cup honey
- 2 cup oats, dry
- 3/4 cup greek yogurt, vanilla
- 3/4 cup strawberries
- 3/4 cup blueberries
- 3/4 cup grapes



INSTRUCTIONS

In a small bowl, combine no-nut butter, honey and vanilla. Stir until smooth.

Take 1 cup of the oats and place in a blender. Blend until the oats are finely chopped and resembles flour. Set aside.

Add the other cup of oats to the no-nut butter mixture and stir. Slowly add in a little of your homemade oat flour at a time until you get a mixture that you can form into a crust.

Take small amounts of the mixture and form Easter egg shaped disks. Place onto parchment paper or foil for easy cleanup.

Once the Easter eggs are formed, spread on a layer of greek yogurt. Top with sliced fruit to make your designs and enjoy!

Rabbit Snacks

INGREDIENTS

Any varieties of vegetables (mix up the colours, make sure to include carrots)

Dip- hummus, ranch



April Party Ideas

Crystal Eggs

SUPPLIES

Borax
Water
Jars or vases
Egg shells
Food colouring

INSTRUCTIONS

To get started on your crystal eggs, first rinse out the egg shells with hot water.

Take approximately 1 tablespoon of Borax to 3 cups of very hot/boiling water. Add the borax powder to the hot water and stir until dissolved. Add a good amount of food colouring. Have a few different colours if desired.

Choose a glass container that will allow you to get the egg shell in and out easily. Once the solution is ready, add it to the jar and carefully put the egg shell(s) in.

Let your crystal eggs work their magic for 24-48 hours. Carefully remove them allow them to dry.

May - Cinco de Mayo



Layer Dip



INGREDIENTS

- 1 can refried beans
- 1 cup guacamole
- 1 cup sour cream
- 1 cup salsa
- 1 cup shredded yellow cheddar cheese
- tortilla chips (to serve)
- Fresh cilantro or green onions as garnish

INSTRUCTIONS

Layer into a clear dish or individual clear cups starting with refried beans and followed by any order of the others. If desired, top with green onions or cilantro garnish.

Spring Strawberry Sipper

INGREDIENTS

- ½ cup lime juice
- 2 cups cold water
- ¼ cup white sugar
- 1 ½ cup frozen strawberries
- 5 ice cubes

INSTRUCTIONS

Place lime juice, cold water, sugar, and strawberries in blender and blend on high until smooth. While blender is running, add ice cubes one at a time. Garnish with a lime wedge.



May Party Ideas

Create A Spring Bouquet

Get crafty and create colorful flowers to decorate your classroom for the fiesta, then send them home.

SUPPLIES

- Several different coloured napkins/tissue paper
- Bamboo skewers
- Twist-ties

DIRECTIONS

Take 4 large napkins, unfold them and lay on top of each other.

Start folding the stack of napkins up like a fan or accordion. Just keep flipping it over and folding, flipping over and folding the next piece on top of that until everything is folded up.

Then pinch the center of your flower together and secure using string, staples, twist tie or a pipe cleaner to hold the flower together in the centre.

Cut a semi-circle at the end of your fan so it becomes scalloped (or try other edge designs).

Then carefully peel each layer of the flower up. Leave on it's own, attach it to a string to hang on the wall, or attach a skewer or dowel to make colourful bouquets.

Mexican Fiesta

Decorate the classroom and encourage the students to dress up. Create and enjoy healthy snacks.

June - Spring is in the air

Fruit Pizza

INGREDIENTS

Watermelon (see Easter Egg Fruit Tarts for alternative crust option)

Strawberries, raspberries, blueberries, kiwi, grapes, orange slices, pineapple...etc., any colourful fruit toppings

Greek yogurt

Mint leaves as garnish (optional)

INSTRUCTIONS

Cut the watermelon horizontally into circular slices. Spread yogurt and decorate with fruit toppings.

Garnish with mint.



YG Photo

Backyard Bugs

INGREDIENTS

- Celery stalks
- No-nut butter
- Mini pretzels
- Grapes
- Wooden skewers
- Crackers
- Cheese
- Grape tomatoes
- Black olives
- Candy eyes
- Icing gel or edible black marker

INSTRUCTIONS

For Butterfly: Rinse and cut your celery into 3-4 inch slices. Apply no-nut butter into the middle and insert two mini pretzels. Then add two candy eyes.

For Caterpillar: Rinse and dry about 20 grapes. Carefully skewer the grapes. Using the icing gel, draw a smile. Then add two candy eyes.

For Ladybug: Use your cracker as a guide to size your cheese. Place the cheese on top of the cracker. Cut grape tomato almost in half, leaving a tiny connection at one end. Open and lay flat on the cheese. Cut a black olive in half and place upside down at top of the tomato. Place the eyes in side the black olive and add the spots with icing gel.

Experiment making different bugs using the ingredients you have. Try cream cheese instead of no-nut butter. Try cucumber slices or kiwi slices to make a snail.



Fruit Flowers

INGREDIENTS/SUPPLIES

Assorted fruits of varying colours: melons, strawberries, blueberries, kiwi, grapes, pineapple
Wood skewers
Cookie cutters

DIRECTIONS

Cut out flower shapes using cookie cutters. Arrange on skewers to create a bouquet of edible fruit flowers.



June Party Ideas

Outdoor scavenger hunt

Have your students find different types of trees, flowers, grasses, animal sightings, garbage...etc. Leave the plants in the ground, pick up the garbage.

Colour Match

Using some paint swatches, give each student a colour to match with something natural outdoors. It's incredible the different shades of grey in a rock or green in different plants.

Birthday Parties

Keep in mind that each student's birthday can mean many celebrations: one at home with the family, a party with friends, and then another, hopefully healthy one, at school. Find ways to recognize the child, celebrate them, and make them feel special.

- Make a sign, sash, crown, button or badge for the birthday child.
- Let the birthday child be the teacher's assistant for the day.
- Let the birthday child pick an active game to play outside or in the gym.
- Read aloud a book of the birthday child's choice.
- Ask that parents who send food in with their child for sharing choose healthier options (and give them some suggestions).
- Have the birthday child share their "Me Box" or "Me Bag". The birthday child can bring a box or bag in with five to ten items that they want to share with the class. Have the child bring in things that they can talk about and that are special to them.
- Add or decorate a part of a "birthday gallery". Have a spot on the wall that is "reserved" for that child's birthday. On their day they get to use a special tub of art supplies to make an art piece any way they like. It will then be added to the birthday gallery.

Schools can foster a positive learning environment with classroom celebrations that shift the focus from the food to the child. Choose a variety of activities, games and crafts that children enjoy. Remember, when food is served, make it a healthy choice!

Instead of cake or ice cream, try the ideas on the following pages.

Fruit Cake

INGREDIENTS

Watermelon

Decorative fruits: kiwi, grapes, pineapple, melons, berries, etc.

INSTRUCTIONS

Cut the ends off the watermelon and remove the rind. Cut three rounds of watermelon about four inches thick. One 8 inches in diameter, one 6 inches and one 4 inches. Stack them on top of each other.

Decorate the cake using a variety of fruits, some cut out with a cookie cutter.



Banana Split Bites

INGREDIENTS

Bananas

Cored pineapple

Strawberries

Dipping chocolate

Granola

Popsicle sticks (or skewers)

INSTRUCTIONS

Cut strawberries in half.

For each strawberry half, cut an equal size piece of banana and pineapple. Skewer on the fruit.

Place in freezer for 10 minutes.

Line a tray with wax paper or parchment paper.

Put granola in small plate to use for dipping.

Melt chocolate by heating in microwave for 30 seconds, stirring and repeating until melted and smooth.

Dip cold fruit in chocolate, then into granola, then place on prepared tray.



Fruity Waffle Bowls

INGREDIENTS

Waffle bowls

Fruits – make it colourful, choose any variety, try something new

Flavoured yogurt (optional)

INSTRUCTIONS

Chop the fruit into small bite sized pieces and mix together in a bowl.

Scoop into waffle bowls.

Top with a dollop of yogurt.

Try mixing the yogurt in with the fruit salad if that's preferred.



Mini Cakes (bananas and toppings)

INGREDIENTS

Bananas

Semi sweet chocolate, melted

Vanilla greek yogurt

Cherries (fresh if possible)

Multi-colour sprinkles

INSTRUCTIONS

Peel bananas and cut into 2 inch pieces. Hollow out a small hole at the top of the banana.

Melt the chocolate and dip each banana into melted chocolate about halfway up.

Dip the chocolate end of the bananas into the sprinkles while it's still wet.

Let these set and harden for about 10 minutes. You can pop them in the freezer to quicken this process.

Put a dollop of greek yogurt into the small hole at the top of the banana. Place a cherry on top of each.



Sushi Dessert

INGREDIENTS

Soft whole-grain tortillas

Bananas

No-nut butter spread and/or flavoured cream cheese

INSTRUCTIONS

Spread no-nut butter or flavoured cream cheese to the wrap.

Peel the banana and lay on the edge of the tortilla.

Roll the banana in the tortilla.

Slice into rounds and arrange on a plate.

Fun options to try: different fruit inside or outside as toppings, different textures such as granola, coconut or rice crispy cereal.







November 2018