

For Snack Time

Most students enjoy a snack at school during the day. What a child has for snack can affect their ability to concentrate and learn.



There are several things a school and classroom can do to encourage healthy snacks.

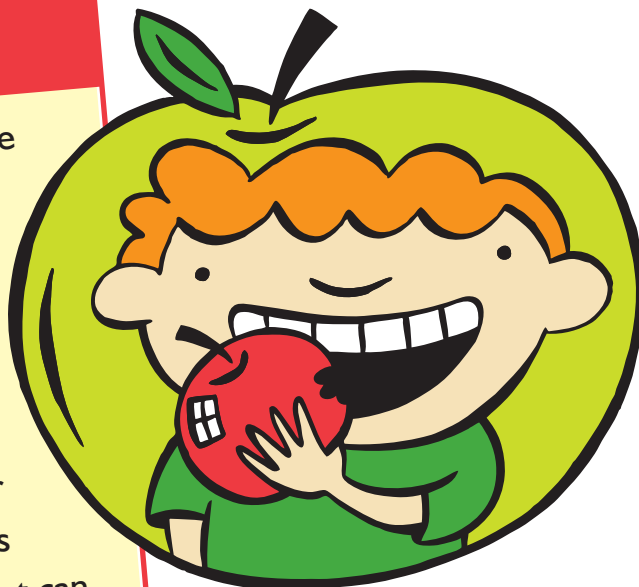
- Send home the nutritious snacks parent handout.
- Send home a quarterly newsletter with easy snack ideas.
- Start a classroom snack program.
- Do a classroom healthy snack tally and reward tallies with free gym time or extra recess.
- Offer a fruit and vegetable tasting to encourage students to try new foods.
- Set a school-wide or classroom-wide snack policy.
- Be a role model for students.

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.

For Celebrations:

School celebrations and events in school are exciting. All too often, sweet, salty, and fatty foods become the centerpiece of celebrations. There are things you can do to encourage healthy celebrations in your school and classroom.

- Send home the provided parent letter about healthy celebrations. It provides ideas for healthy celebration treats that can be sent in.
- For celebrations that involve food, consider fruit platters, cheese, trail mix, or fruit smoothies.



For Nonfood Celebrations

- Set a healthy celebration policy or write guidelines for your school.
- Have the birthday child be the first to do each classroom activity and/or be the line leader for the day.
- Birthday Library: Each child donates a book to the classroom library on his/her birthday. Read the book aloud in honor of the student.
- Create a “Celebrate Me” book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair, and visits the principal’s office for a special birthday surprise (pencil, sticker, birthday card, etc.).

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