

Healthy Celebrations

From birthdays to holidays to Fridays, we're providing you with ideas to have fun and healthy celebrations that your students will enjoy!



Visit our website
www.livehealthyappalachia.org

Dear Teacher,

We are presenting this booklet to you, as a teacher-friendly resource, to be used throughout this year and years to come. Please take a moment to preview its contents.

In the spring of 2012, the Institute of Medicine, the CDC, and the National Institute of Medicine rendered the results of a 3 year study titled *The Weight of the Nation*. The study revealed some startling statistics:

- 1/3 of American children are overweight or obese.
- The public health burden regarding the diseases, disabilities, and deaths associated with obesity have now surpassed tobacco-related problems at \$190.2 billion/year.
- 3,800 children are diagnosed with Type 2 Diabetes each year (although historically, it only affected adults).

There are many contributing factors to this epidemic. In response to a problem deemed to be “pervasive and severe,” the report recommends five major goals to reverse this disturbing trend. One of these goals focuses on the impact that schools can have by educating children about healthy food choices.

Make schools a national focal point for the prevention of obesity!

Ask yourself, “What can I do as a teacher?” While you teach the importance of good nutrition in the classroom, you have the opportunity to reinforce healthy eating choices every day. Snack time, holidays, and birthday celebrations are perfect opportunities to send a clear message to students and their parents that eating wisely can be delicious and nutritious.

Enclosed you will find easy suggestions for all occasions, helpful websites, and sample letter for parents. As educators, we are already aware of the research that clearly demonstrates children are better behaved and perform at their best when they eat nutritious foods. It is a win-win situation when you create a culture of wellness in your classroom.

Sincerely,
Live Healthy Appalachia Kids’ Committee

Seasonal Celebrations!

September

Set the tone for the school year with your stance on healthy parties. Celebrate with activity instead of food like extra recess time.

Try this activity!

Boogie Days: Have students spread out across the room and play one school-appropriate song and let kids bust a move. Have them follow your moves and make sure movements are appropriate. Try doing some vintage moves like the Twist, mashed potatoes, or just jumping in place.



- Try only having one snack for each party
- Send a list home of acceptable snacks that you recommend (for ideas see pages 7-9)
- Turn your students into food connoisseurs by allowing students to sign up for “healthy snacks” to bring in and taste test for their birthdays and holidays
- To make sure you get a variety of snacks, have a sign up sheet

October

- Pumpkin dip and graham crackers
- Roasted pumpkin seeds
- Use Halloween cookie cutters to make sandwiches or fruit shapes
- Clementine/cutie jack-o-lanterns
- Witches Brew (see all noted recipes at www.livehealthyappalachia.org)



Read this to your class! Do each action for 20-30 seconds. Jog in place as if a big scary bear is chasing you. Walk forward as if you're walking through chocolate pudding. Jump in place as if you are popcorn popping. Reach up as if grabbing balloons out of the air. March in place and play the drums as if you are in a marching band. Paint as if the paint brush is attached to your head. Swim as if you are in a giant pool of Jell-O. Move your feet on the floor as if you are ice skating. Shake your body as if you are a wet dog.

November



- Apple cider
- Apple butter on whole grain english muffins or graham crackers
- Cornbread
- Dried fruit
- Tasty Trail Mix (recipe on website)

December & January

- Banana snowman- pretzels, shredded carrot, raisins (for eyes & buttons), banana (cut into 1 inch segments then attach three different sized segments together with a toothpick or pretzel. Also use pretzels for arms)
- Graham cracker house with healthy decorations (nuts, dried fruit, coconut shavings, etc.)
- Hollow out red & green peppers and fill them with hummus to dip whole grain crackers & veggies in

Physical activity can help the children focus better on their school work. Try this activity!

Acting Out Action Verbs:

Read a paragraph or page of a book, and every time an action verb comes up, the students have to act the action verb out!

For more fun ideas for physical activities, see page 10 or go to livehealthyappalachia.org!



February

- Cherry tomatoes, red peppers and other red veggies served with hummus or black bean dip.
- Raspberries, cranberries, pomegranate and other red fruits
- Pink Smoothies (see recipe on page 9)

Quiz Me! While reviewing for a test, ask the students a series of true-or-false questions. If the question is true students should jump in place for 15 seconds. If it is false they should touch their toes.

April & May

- Sesame sticks or whole wheat bagel slices with peanut butter or jam (spice it up with flavored bagels!)
- Layer berries & low-fat yogurt for parfaits
- Air popped popcorn
- Pretzels or whole grain tortilla chips & Awesome Avocado Dip (see recipe on Page 9)

No-Stress Test: Make it a classroom tradition to have a 5-minute walking break before a test to help everyone unwind and relax.

March

- Serve kiwi & other green fruit
- Have cucumbers, celery sticks, broccoli, sugar snap peas, green beans or green peppers with hummus, balsamic vinegar, or low-fat Italian dressing.
- Make guacamole (recipe online) and serve with whole grain tortilla chips
- Edamame (steamed soy beans)
- Have parents send in ingredients for a salad bar potluck for St. Patties day!



June



- Raisins or dried fruit such as bananas, apples, and peaches
- Nuts & seeds (lower in sodium or unsalted are best)
- Have parents bring in one type of fruit, then allow kids to make their own fruit salad
- Quesadillas or bean burritos cut into slices with salsa

Instead of this...

Try this!

White bread, tortillas, or pita

Whole grain bread, tortillas, or pita (whole grain should be the first ingredient!)

Ranch dressing, French onion dip, or other processed dips

- Hidden Valley Ranch (2 Tbsp) (14g fat, 2.5g sat fat, 260mg sodium)

Chickpea or black bean hummus (store bought or homemade) or low sodium salsa

- Oasis Original Hummus (2 Tbsp) (1g fat, 0g sat fat, 81mg sodium)

Ritz Crackers

(4.5g fat, 1g sat fat, 0g fiber, 0g protein)

Whole grain crackers, such as Wheat Thins, Triscuit, or Kashi Snack Crackers.

- Wheat Thins (3.5g fat, 0.5g sat fat, 3g fiber, 2g protein)

Peanut butter (processed)

(added sugar, hydrogenated vegetable oils)

Natural peanut butter (such as Kroger Natural Crunchy PB or Smuckers Natural)

Potato chips (often high in fats and saturated fats, as well as sodium and preservatives!)

- Cheese Puffs (9g fat, 300mg sodium, 0g fiber, 2g protein)

Whole grain baked tortilla chips, sweet potato chips

- Original SunChips (6g fat, 120mg sodium, 3 g fiber, 2g protein)

Store-bought trail mix (often contain lots of sodium and added sugars)

See our Tasty Trail Mix recipe online!

Store bought granola bars or cereal bars (lots of added sugars and preservatives)

Baked Oatmeal-To-Go Cups (see recipe online!)

Ultimate Butter Popcorn - 1 c popped (3g fat, 1.5g sat fat, 98mg sodium, 1g fiber)

Air popped corn flavored with nutritional yeast (see instructions on website). (<1g fat, high in Vitamin B and protein)

Instead of this...

Try this!

Oreos - Serving size: 2 cookies (7g fat, 2g sat fat, 13 g sugar, 0 g fiber)

Animal crackers or graham crackers

- Graham crackers - Serving size: 4 crackers (3g fat, 0.5 g sat fat, 5 g sugar, 1 g fiber)

Strawberry Fruit Gushers

(Ingredients: Fruit juice blend from concentrate, corn syrup, sugar modified corn starch, >3 food dyes, natural flavors)

Fresh fruit, dried fruit (raisins, apricots, dried cranberries), applesauce w/ no added sugar, or fruit canned in its own juice (no syrup).

Cupcakes

Fruit or pumpkin muffins (recipes online)

Brownies

(8g fat, 1.5g sat fat, 0g fiber)

Easiest Black Bean Brownies (see recipe on page 9) (2g fat, 0.5g sat fat, 2g fiber)

Whole fat milk or dairy products

Skim or low fat dairy products

Go-Gurt (banana split flavored) (Cultured pasteurized grade A lowfat milk, sugar, modified corn starch, kosher gelatin, tricalcium phosphate, potassium sorbate, carrageenan, natural and artificial flavors, yellow #5, Vitamin A acetate, Vitamin D)

Plain or Greek yogurt. Add fresh fruit and honey or try adding jam (Kroger has a great selection of "Just Fruit" which does not contain added sugar or dyes)

Cereals with high amounts of added sugar, flavors, or dyes

Whole grain cereals with little to no added sugars (Post Shredded Wheat, Cheerios, Honey Nut Cheerios)

Juicy Juice Grape (8 oz)

(120 cal, 28 g sugar)

(most fruit juices have as much sugar as pop.)

To keep kids healthy and hydrated, stick with water (try sparkling water or adding fresh lemon slices to water)

Recipes

Pink Smoothie

½ cup to 1 cup fresh or frozen fruit
1 cup plain non-fat yogurt
4 ice cubes if not using frozen fruit.
½ cup fruit juice

Blend in blender until smooth and creamy. Serve in 4-6 oz. cups.

Awesome Avocado Dip

In a blender or food processor, combine the following:

1 avocado (peeled and pitted)
1 can of Pinto beans or other white beans
Juice from 1/2 of a lime
1 tsp. sea salt
2 Tbs. of extra virgin olive oil

Easiest Black Bean Brownies

1 box brownie mix
1 can of black beans, rinsed and drained. After draining black beans, pour back into can. Fill can of black beans to brim with water.

Blend black beans and water in blender until smooth. Stir into brownie mix*. Add to greased pan and bake as directed.

*Do NOT add any of the ingredients listed on the box of brownie mix (such as eggs, oil, or additional water)

Explore these recipes and many more from this booklet online!

www.livehealthyappalachia.org

Activities

- Add an extra recess
- Celebrate all monthly birthdays with an open gym celebration
- Go for a class walk or hike around the school campus
- Turn on some music and dance
- Play a class game of kickball
- Have extra art or music time
- Take the class to the library
- Plan a thematic craft for the party. For example, painting pumpkins for Halloween, or Valentine mailboxes for holding cards children will receive.
- Party games are always a hit! Have a scavenger hunt where children look for school supply items in their classroom or on the playground.
- Play an exercise or yoga DVD for kids and have them participate



www.livehealthyappalachia.org

Who are we?

Live Healthy Appalachia is a non-profit organization that serves the Appalachian Ohio community through promotion, education, and advocacy about nutrition and healthy lifestyles. Through a volunteer-led initiative, we work to promote healthier school environments.

Thank you to our volunteer committee: Heidi Mowrey RN, Janalee Stock RN, Katie Armstrong, Kristen Alsept, Lauren Borovicka, and Mallory Valentour

Visit us online for more information!

www.livehealthyappalachia.org

On the web page you will find ways that teachers and parents can work together to improve the nutrition and physical activity in schools. This page contains many helpful resources:

- Lesson plans, activity resources, and recipes to integrate education about healthy lifestyles into regular curriculum.
- Links to videos about child health for teachers, students, and parents
- Link to the Michelle Obama's "Let's Move" resource; you can find ways to help start a school garden and promote healthier food policies in the cafeteria.
- And much more!

If there is something that you would like to see on our web page and it is not currently included, send suggestions via e-mail to

info@livehealthyappalachia.org

Live  **Healthy**  **Appalachia**