



La Habra City School District

Parent Healthy Classroom Guidelines

We understand the importance of children celebrating special occasions, such as birthdays and holidays. Many classroom celebrations include cupcakes, candy, cookies, and other treats that have a large amount of sugar and fat. Although these can be a fun occasional treat, these unhealthy choices have become an everyday occurrence. Our school prefers to offer ways for students to celebrate without food, or through healthier food options that reinforce good nutrition. Please help us model lifelong healthy habits with our children with the ideas below.

Non-Food Ideas for Birthdays

- Recognize your child with a ribbon, hat, or crown
- Donate to the class in your child's name:
 - A favorite book
 - Sports equipment like Frisbees, NERF balls, hula hoops, jump ropes
 - Art, craft, music, or science supplies to the classroom

Other Non-Food Celebration Ideas

- Provide celebration gifts for each student in the class:
 - Pencils (colored or with special logos)
 - Bookmarks
 - Sidewalk chalk so students can create an outside play space
 - Coloring books
 - Crazy straws
 - Colorful shoe laces
 - Stickers

Nutritious Celebration Foods

- Fresh fruits and vegetables, pre-cut or whole
 - Add low-fat dips (hummus or yogurt) or dressings
- Dried fruit
- Low-fat cheese with whole grain crackers
- Popcorn
- Low-fat yogurt with fruit toppings
- Baked or reduced fat tortilla chips with salsa or low-fat bean dip
- Pretzels
- Whole grain dry cereal mix
 - Wheat crisps, toasted oats, and any other whole grain variety
- Ice water or water flavored with fresh fruit and herbs
 - Strawberries, orange, lemon, melon, mint, basil, etc.
- 100% fruit juice with club soda, for a fizzy treat!

Developed in partnership with the Orange County Department of Education's Center for Healthy Kids and Schools – Nutrition Education and Obesity Prevention program.

