



Healthy Treats for Birthdays and Classroom Parties

Remember to always communicate with your child's teacher and/or the school office prior to bringing any treats into the classroom.

- **Popcorn cups:** Have your child help decorate plain 12-oz. paper cups with stickers, glitter glue or even his photo, and then fill with homemade popcorn. Alternatively, decorate small paper bags or purchase movie theater-style popcorn boxes or bags.
- **Yogurt parfaits:** In clear plastic cups, alternate layers of your child's favorite yogurt and fresh fruit such as blueberries, strawberries or mangos. Top with a cupcake topper. (And don't forget spoons!).
- **Mini muffins:** Carrot, blueberry and banana are all great choices. Use all or part whole-wheat flour or add ground flaxseeds for a nutritional boost.
- **Banana bread:** Cut in slices like cake, and serve with fruit salad.
- **Fresh fruit** served in cupcake wrappers, waffle cones or waffle bowls.
- **Guacamole:** Mash avocado, squeeze on fresh lime juice, then mix in chopped tomatoes, diced red onions and a smattering of sea salt. Serve with multigrain chips and veggie sticks (celery, carrots and red peppers).
- **Berries with fresh whipped cream:** Take individual clear plastic glasses and fill half way with any mixture of strawberries, blueberries and blackberries. Top with a dollop of freshly whipped cream.
- **Fruit kabobs** with vanilla yogurt dip: Pick your child's favorite fruits—strawberries, blueberries, pineapple, kiwi, grapes, and melon, for example—and assemble colorful fruit kabobs. Serve with vanilla yogurt dipping sauce.
- **Magic fruit wands:** Similar to fruit kabobs but made to look like a magic wand, with a whimsical star fruit at the top.
- **Cinnamon tortillas** with fruit salsa: Take wheat flour tortillas and brush with melted butter. Sprinkle the tortillas with cinnamon sugar; cut each tortilla into 8 wedges and bake on an ungreased cookie sheet at 350 degrees for 10 minutes or until crisp. For the fruit salsa, pick any combination of your kid's favorite fruits—apples, strawberries, kiwis, pineapple and blackberries all work well—dice and mix with a little sugar and lime juice. Serve salsa in mini plastic cups or bowls with the tortilla chips on the side on paper plates for dipping.
- **Frozen yogurt** tubes served with fresh fruit
- **Strawberries and Cream Elves:** Strawberries filled with a dab of cream cheese mixed with fruit spread and chocolate chip eyes. Too cute for words!
- **Yogurt parfait bar:** Serve vanilla or strawberry yogurt in cups. Set out toppings such as fresh berries, bananas, granola and shredded unsweetened coconut. Keep it simple (and less expensive) without nuts!