

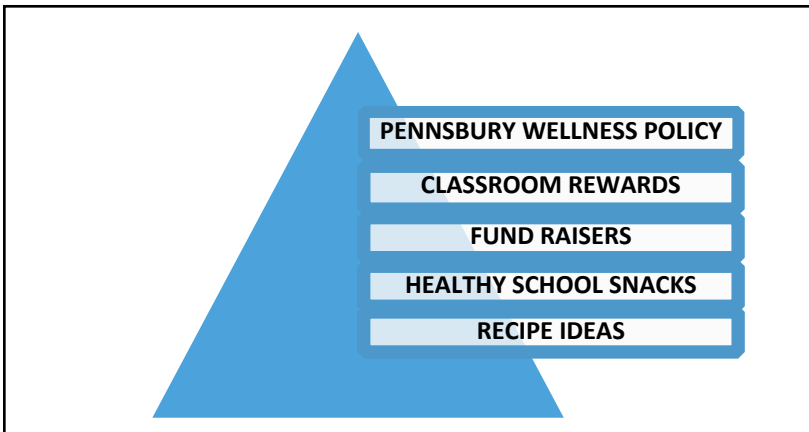
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# HEALTHY CELEBRATIONS

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Pennsbury School District

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Dear Parents,

In 2004, the federal government\* mandated that every school district throughout the country develop a formal state-regulated policy addressing, among other issues, the food available to children in school. The Pennsbury Wellness Policy was developed in response to this mandate. It was approved by the Board of Education in May 2006 and submitted to the state of Pennsylvania.

It has been well documented that our nation is experiencing an epidemic in obesity. It makes sense that our children learn to make food choices that offer nutrients contributing to health, longevity and wellness through the combined efforts of home and school. This booklet is part of an ongoing endeavor to communicate information and provide ideas for more nutritious options to the standard party foods that contain sugar as the first ingredient.. Parents are encouraged to use the recipes provided when sharing birthday treats with children's classmates. Your ideas for additional recipes are welcomed and can be sent to Eleanor Roosevelt Elementary for inclusion in future publications.

Children who learn to live well, live longer. You can help your children by supporting a healthy school nutrition environment and reinforcing good habits at home. By establishing healthy habits early in life, children can dramatically reduce their health risks and increase their chances for longer, more productive lives. We all want the best for the children.

Maryanne Bennett-Sprout  
Health and Physical Education

*\*(Public Law 108-265, the Child Nutrition and WIC Reauthorization Act)*

## Benefits of Healthy Celebrations\*

**Healthy Kids Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.

**Provides Consistent Messages:** Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning.

**Promotes a Healthy School Environment:** In order to positively change eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it. Healthy celebrations are an important part of providing a healthy school environment.

**Creates Excitement About Nutrition:** Children are excited about new and different things, including fun party activities and healthy snacks. School staff and parents need not worry that children will be disappointed if typical party foods aren't served in the classroom. Holiday treats and traditional birthday parties with cake will still be available at home.

**Protects Children with Food Allergies:** When parents send in food, it is difficult to ensure the safety of children with food allergies. Schools can protect food allergic children by providing non-food celebrations or, if food is served, obtaining it from known sources such as the school food service program.

\* Adapted with permission from Healthy Celebrations, Connecticut State Department of Education, Bureau of Health and Nutrition Services and Child/Family/School Partnerships, May 2005; [www.state.ct.us/sde/deps/Student/NutritionEd/index.htm](http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm).

## **Pennsbury School District Wellness Policy Nutritional Standards on School Campus During the Day**

*The following contains a selection from the Policy as it pertains to the Elementary School environment. Please see the building principal for a complete copy of the District Wellness Policy.*

**Classroom Parties** will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 3\*) and will provide the following:

- Fresh fruits and vegetables.
- Water, 100% fruit juice or milk

In addition, Food Service Departments will offer party lists/menus that include food and beverage choices that:

- Are moderate in sodium content.
- Provide minimal to no trans fatty acids.
- Provide items that contain > 2 grams of fiber/serving
- Offer fresh fruits and vegetables.
- Offer water, 100% fruit juice or milk as the beverage choices.
- Do not offer any Foods of Minimal Nutritional Value (\*USDA regulation 7CFR 210 and 220.)

Parents and teachers will be encouraged to purchase foods and beverages from this menu of items.

*\*A copy can be obtained from the building principal.*

**Rewards** Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (ie, guest chef, field trip to a farm or farmers market, etc.).

**Foods from Home** Parents/caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide a healthy alternative.

All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Examples of nutrition education outreach include newsletters, open house, back to school nights, family nights, etc.

**Faculty Lounges** Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.

**Fundraising+** All food items sold as fundraisers on school property and available for sale during the school day must meet the guidelines below and will be reviewed by the principal of the school. Any fundraising group will receive a list of fundraising foods that meet these guidelines prior to the commencement of the fundraiser. The school food service director shall assist the principal in determining the suitability of fundraising items in accordance with the guidelines.

- Items will provide <250 calories per serving.
- Packages will be in single serving sizes.
- Foods of Minimal Nutritional Value (\*USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.
- Total fat will be <35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses)
- Saturated fat will be <10% of the total calories.
- Sugar content will be <35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient (\*Table 3).
- Items will contain minimal to no trans fatty acid (\*Table 4).

**+Food items will be available no earlier than 30 minutes after the last meal period of the day.**

# Constructive Classroom Rewards: Promoting Good Habits While Protect- ing Children’s Health\*

Rewarding children in the classroom need not involve candy and other foods that can undermine children’s diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children’s behavior and academic performance.

## Privileges

- Going first
- Choosing a class activity
- Helping the teacher
- Having an extra few minutes of recess with a friend
- Sitting by friends or in a special seat next to or at the teacher’s desk
- “No homework” pass
- Teaching the class
- Playing an educational computer or other game
- Reading to a younger class
- Making deliveries to the office
- Reading the school-wide morning announcements
- Helping in another classroom
- Eating lunch with a teacher or principal
- Listening with a headset to a book or tape or CD
- Going to the library to select a book to read
- Working at the school store
- Taking a walk with the principal or teacher
- Designing a class or hall bulletin board
- Writing or drawing on the blackboard/whiteboard

- Taking care of the class animal for a day
- Allowing a child to choose an extra recess activity for the class on his/her birthday

## Rewards for a class

- Extra recess
- Eating lunch outdoors
- Going to the lunchroom first
- Reading outdoors
- Holding class outdoors
- Extra art, music, physical education or reading time
- Listening to music while working
- Dancing to music
- Playing a game or doing a puzzle together
- “Free choice” time at the end of the day
- A song, dance or performance by the teacher or students
- A book read aloud to the class by the teacher

## School supplies

- Pencils colored with logos
- Pens’
- Erasers
- Notepads/notebooks

# Constructive Classroom Rewards

## **School supplies (con't)**

- Boxes of crayons
- Stencils
- Stamps
- Plastic scissors
- Bookmarks
- Highlighters
- Chalk (e.g.. side walk chalk)
- Markers
- Coloring books
- Rulers
- Glitter
- Pencil sharpeners, grips or boxes

## **Sports equipment and athletic gear**

- Paddle balls
- Frisbees
- Water bottles
- NERF balls
- Hula hoop
- Head and wrist sweat bands
- Jump ropes

## **Toys/Trinkets**

- Stickers
- Yo-yo's
- Rubber balls
- Finger puppets
- Stuffed animals
- Plastic or rubber figures
- Toy cars, trucks, helicopters, airplanes
- Plastic sliding puzzle or other puzzle games
- Sinkers
- Gliders

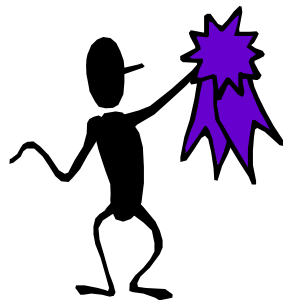
- Capsules that become sponges/figures when placed in water
- Inflatable toys (balls, animals)
- Small dolls or action figures.

## **Fashion wear**

- Temporary tattoos
- Hair accessories (barrettes, elastics, or ribbons)
- Bracelets, rings, necklaces
- Sunglasses
- Eyeglasses with nose disguise
- Hat or cap
- T-shirt
- Sneaker bumper stickers
- Shoe laces

## **Miscellaneous**

- Key chains
- Flashlights
- Cups
- Magnets
- Crazy straws
- Backscratchers
- A plant, or seeds and pot for growing a plant
- Books



\*Adapted with permission from the Center for Science in the Public Interest 1875 Connecticut Ave., NW, Suite 300, Washington, DC 20009

# What Schools Can Do\*

## Ideas for Healthy Fundraising Alternatives

### ***Provide consistent Messages***

Fundraising with non-food items demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.

### ***Promote a Healthy School Environment:***

Students need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy alternatives to fundraising is an important part of providing a healthy school environment.

### **ITEMS YOU CAN SELL**

- Air fresheners
- Bath accessories
- Balloon bouquets
- Batteries
- Books, calendars
- Brick/stone/tile memorials
- Bumper stickers & decals
- Buttons, pins
- Candles
- Christmas trees
- Coffee cups, mugs
- Cookbooks
- Crafts
- Christmas ornaments
- Giant coloring books
- Coupon books
- Customized stickers
- Emergency kits for cars
- First aid kits
- Flowers and bulbs
- Foot warmers
- Football seats
- Garage sale
- Gift items
- Gift wrap, boxes and bags
- Greeting cards
- Hats
- Holiday wreaths
  - House decorations
  - Hugging booth
  - Jewelry
  - Licence plates or holders
  - Lunch box auctions
  - Pre-paid phone cards
  - Magazine subscriptions
- Rent a special parking space
- Megaphones
- Mistletoe
- Monograms
- Music, videos, CDs
- Newspaper space, ads
- Pet treats/toys/accessories
- Plants
- Pocket calendars
- Raffle donations
- Scarves
- School art drawings



\*Adapted from : Creative Financing and Fundraising.

California Project Lean, California, Department of Health Services, 2002. Revised 2005

## **ITEMS YOU CAN SELL (con't)**

- School Frisbees
- School spirit gear
- Scratch off cards
- Sell/rent wishes
- Souvenir cups
- Spirit/seasonal flags
- Stadium pillows
- Stationery
- Student directories
- Stuffed animals
- Temporary/henna tattoos
- T-shirts, sweatshirts
- Tupperware
- Valentine flowers
- Yearbook covers
- Yearbook graffiti

## **HEALTHY FOODS**

- Frozen bananas
- Fruit and nut baskets
- Fruit and yogurt parfaits
- Fruit smoothies
- Lunch box auctions
- Trail mix

## **SELL CUSTOM MERCHANDISE**

- Bumper stickers/decal
- Calendars
- Cookbook made by school
- Logo air fresheners
- Scratch off cards

## **THINGS YOU CAN DO**

- Auction (teacher does something for kids)
- Bike-a-thons
- Bowling night/bowl-a-thon
- Car wash (pre-sell tickets as gifts)
- Carnivals (Halloween, Easter)
- Dances (kids, father/daughter, Sadie Hawkins)
- Family/glamour portraits
- Festivals
- Fun runs
- Gift wrapping
- Golf tournament
- Jump-rope-a-thons
- Magic show
- Raffle (movie passes, theme bags)
- Raffle (teachers do a silly activity)
- Read-a-thons
- Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
- Recycling cans/bottles/paper
- Science fairs
- Singing telegrams
- Skate night/skate-a-thon
- Spelling bee
- Talent shows
- Tennis/horseshoe competition
- Treasure hunt/scavenger hunt
- Walk-a-thons
- Workshops/classes

## **Resource Ideas**

[www.neatitems.com](http://www.neatitems.com)  
[www.efundraising.com](http://www.efundraising.com)  
[www.itsmyartwork.com](http://www.itsmyartwork.com)  
[www.Fundraisingbeads.com](http://www.Fundraisingbeads.com)  
[www.Nudayfundraising.com](http://www.Nudayfundraising.com)  
[www.123fundraising.com](http://www.123fundraising.com)  
[www.qsp.com](http://www.qsp.com)  
[www.westernfund.com](http://www.westernfund.com)  
[www.kidgardening.com](http://www.kidgardening.com)

[www.currentfun.com](http://www.currentfun.com)  
[www.dulcprinting.com](http://www.dulcprinting.com)  
[www.Fund-raising.com](http://www.Fund-raising.com)  
[www.fundraisingdepot.com](http://www.fundraisingdepot.com)  
[wwwstretchablebookcovers.com](http://wwwstretchablebookcovers.com)  
[www.common-threads.com](http://www.common-threads.com)  
[www.partnersforkids.com](http://www.partnersforkids.com)  
[www.fundraisingbatteries.com](http://www.fundraisingbatteries.com)  
[www.nutritionandkids.net](http://www.nutritionandkids.net)  
[www.brickstonegraphics.com](http://www.brickstonegraphics.com)

# Healthy Food Ideas\*

- Low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (blend berries, bananas and pineapple)
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping
- Dried fruit (raisins, cranberries, apricots, banana chips), 100% fruit snacks
- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Waffles or pancakes topped with fruit
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers
- Bagel slices with peanut butter or jam, fruit or grain muffin (low-fat), whole wheat English muffin
- Pizza with low-fat toppings (vegetables, lean ham)
- Ham, cheese or turkey sandwiches or wraps (with low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Quesadillas or bean burrito with salsa
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds



\* Adapted with permission from Healthy Celebrations, Connecticut State Department of Education, Bureau of Health and Nutrition Services and Child/Family/School Partnerships, May 2005; [www.state.ct.us/sde/deps/Student/NutritionEd/index.htm](http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm).

# Healthy School Snacks

Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure, and obesity. Snacks play a major and growing role in children's diets. Between 1977 and 1996, the number of calories that children consumed from snacks increased by 110 calories per day.

Below are ideas for teachers, caregivers, program directors, and parents for serving healthy snacks and beverages to children in the classroom, in after school programs, at soccer games, and elsewhere. Some ideas may be practical for large groups of children, while other ideas may only work for small groups, depending on the work and cost involved.

**Healthy Eating Tip:**  
Serve snacks with fun plates, napkins, cups, or straws or have a tasting party where children can vote for their favorite healthy snacks.



## Fruits and Vegetables

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruit and vegetables each day. Eating fruits and vegetables lowers the risk of heart disease, cancer, and high blood pressure. Fruits and vegetables also contain important nutrients like vitamins A and C and fiber.

Serving fresh fruits and vegetables can seem challenging. However, good planning and the growing number of shelf-stable fruits and vegetable products on the market make it easier. Though some think fruits and vegetables are costly snacks, they

are actually less costly than many other less-healthy snacks on a per-serving basis. According to the U.S. Department of Agriculture, the average cost of a serving of fruit or vegetable (all types - fresh, frozen, and canned) is 25 cents per serving. This is a good deal compared with a 69-cent single-serve bag of potato chips or an 80-cent candy bar. Try lots of different fruits and vegetables and prepare them in various ways to find out what your kids like best.

## Low-Fat Dairy Foods

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest source of artery-clogging saturated fat in kids diets. To protect children's bones and hearts, make sure all dairy foods served are low-fat or fat-free.

**Yogurt** - Look for brands that are low fat or fat free, moderate in sugars (no more than about 30 grams of sugars in a 6-oz cup), and high in calcium (at least 25% of daily value [DV] for calcium in a 6-oz. cup). Examples include Danimals Drinkable Low-Fat Yogurt, Go-Gurt by Yoplait, or cups of low-fat or non-fat yogurt from Stonyfield Farm, Dannon, Horizon, and similar store brands. Low-fat or non-fat yogurt also can be served with fresh or frozen fruit or low-fat granola.

**Low-Fat Cheese** - Cheese provides calcium, but often its saturated fat price tag is too high. Cheese is the number two source of heart damaging saturated fat in children's diets. Even with low fat and reduced fat cheese, be sure to serve with other foods like fruit, vegetables, or whole grain crackers. Choose reduced-fat cheeses like Trader Joe's Armenian Style Braided; Borden or Sargento Light Mozzarella string cheese; Frigo Light cheese Heads; Kraft Twist Ums; Polly-O Twisterellas; the Laughing Cow's Light Original Mini Babybel; or Cabot 50% Light Vermont Cheddar.

Low-Fat Pudding and Frozen Yogurt - Low fat or fat-free pudding and frozen yogurt should be served only as occasional treats, because they are high in added sugars.

## Other Snack Ideas

**Nuts** - Since nuts are high in calories, it is best to serve them along with another snack such as fruit. A small handful of nuts is a reasonable serving size. Examples include peanuts, pistachios, almonds, walnuts, cashews, or soy nuts. Look for nuts that are unsalted.

**WARNING:** *A small but growing number of kids have severe peanut and/or tree nut allergies. Before bringing in peanuts, peanut butter or other nuts as a snack, check to make sure none of the children has an allergy.*

**Trail Mix** - Trail mixes are easy to make and store well in a sealed container. Items to include: low-fat granola, whole grain cereals, peanuts, cashews, almonds, sunflower seeds, pumpkin seeds, and dried fruits like raisins, apricots, apples, pineapple, or cranberries.

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits often need little preparation.

- Apples (it can be helpful to use an apple corer)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes (red, green, or purple)
- Honeydew Melon



- Kiwis (cut in half and give each child a spoon to eat it)
- Mandarin Oranges
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines

**Applesauce (Unsweetened), Fruit Cups, and Canned Fruit** - These have a long shelf life and are low-cost, easy and healthy if canned in juice or light syrup. Examples of unsweetened applesauce include Mott's Natural Style and Mott's Healthy Harvest line. Dole and Del Monte offer a variety of single serve fruit bowls.

**Dried Fruit** - Try raisins, apricots, apples, cranberries, pineapple, papaya, and others with little or no added sugars.

**Frozen Fruits** - Try freezing grapes or buy frozen blueberries, strawberries, peaches, mangoes, and melon.

**Fruit Leathers** - Some brands of fruit snacks are more like candy than fruit, and should be avoided due to their high content of added sugars and lack of fruit. Brands to avoid include Fruit Rollups, Farley's Fruit Snacks, Sunkist Fruit Gems, Starburst Fruit Chews, Mamba Fruit Chews, Jolly Rancher Fruit Chews, Original Fruit Skittles, and Amazin' Fruit Gummy Bears. Try Natural Value Fruit Leathers and Stretch Island Fruit Leathers ([www.stretch-island.com](http://www.stretch-island.com)), which come in a variety of flavors and don't have added sugars.

**Popsicles** - Most so called "fruit" popsicles have added sugar and should be reserved for an occasional treat. Look for popsicles made from 100% fruit juice with no added calorie sweeteners, such as Bryers or Dole "No Sugar Added" fruit bars.

**Smoothies** - Blend fruit with juice, yogurt or milk, and ice. Many store made smoothies have added sugars and are not healthy choices.

**Deliveries**- Deliveries of fresh fruit or platters of cut-up fruit are a convenient option offered by some local grocery stores.

### **Vegetables can be served raw with dip or salad dressing:**

- Broccoli
- Carrot sticks or Baby Carrots
- Cauliflower
- Celery Sticks
- Cucumber
- Peppers (green, red, or yellow)
- Snap Peas
- Snow Peas
- String Beans
- Tomato slices or grape or cherry tomatoes
- Yellow summer squash slices
- Zucchini slices

**Dips** - Try low-fat salad dressings, like fat-free Ranch or Thousand Island, store bought light dips, bean dips, guacamole, hummus (which comes in dozens of flavors), salsa, or peanut butter.



**Salad** - Make a salad or set out veggies like a salad bar and let the kids build their own salads.

**Soy** - Edamame (pronounced “eh dah MAH may”) are fun to eat and easy to serve. (heat frozen edamame in the microwave for about 2-3 minutes).

**Veggie Pockets** - Cut whole wheat pitas in half and let kids add veggies with dressing or hummus.

**Ants on a Log** - Let kids spread peanut butter on celery (with a plastic knife) and add raisins.

### **Healthy Grains (bread, crackers, cereals, etc.)**

Though most kids eat plenty of grain products, too many of those grains are cookies, snack cakes, sugary cereals, Rice Krispy treats, and other refined grains that are high in sugars or fat. Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. In addition, try to keep the added sugars to less than 35% by weight and the saturated and Trans fat low (i.e., less than 10% of calories, or about one gram or less per serving).

**Note:** Cookies, snack cakes, and chips should be saved for occasional treats, give their poor nutritional quality.

**Whole Wheat English Muffins, Pita, or Tortillas** - Stuff them with veggies or dip them in hummus or bean dip.

**Breakfast Cereal** - Either dry or with low-fat milk, whole grain cereals like Cheerios, Grape-Nuts, Raisin Bran, Frosted Mini Wheats, and Wheaties make good snacks. Look for cereals with no more than 35% added sugars by weight (or roughly 8 grams of sugar per serving).

**Crackers** - Whole grain crackers like biscuits, which come in different flavors or thin crisps (or similar woven wheat crackers), Kalvi Rye crackers, or whole wheat Matzos can be served alone or with toppings, like low-fat cheese, peanut butter, or low-fat, reduced sodium luncheon meat.

**Rice Cakes** - Look for rice cakes made from brown (whole grain) rice. They come in many flavors, and can be served with or without toppings.

**Popcorn** - look for low-fat popcorn in a bag or microwave popcorn. Or you can air pop the popcorn and season it, e.g., by spraying it with vegetable oil spray and adding parmesan cheese, garlic powder, or other non-salt spices.

**Baked Tortilla Chips** - Baked tortilla chips are usually low in fat, and taste great with salsa and/or bean dip. Look for brands with less sodium.

**Granola and Cereal Bars** - Look for whole grain granola bars that are low in fat and sugars, like Barbara's Granola Bars (cinnamon raisin, oats and honey, and carob chip flavors), Nature Valley Crunchy Granola Bars (cinnamon, oats 'n honey, maple brown sugar, and peanut butter flavors), Nature Valley Chewy Trail Mix Bars (fruit and nut flavor), and Quaker Chewy Granola Bar (peanut butter and chocolate chunk flavor).

**Pretzels, Breadsticks, and Flatbreads** - These low-fat items can be offered as snacks now and then. However, most of these snacks are not whole grain and most pretzels are high in salt.

**Luncheon meat** - Choose lower-fat, reduced-sodium brands of turkey, ham, and roast beef and serve with whole wheat bread, pita, tortillas (as a wrap sandwich), or crackers. Cut sandwiches in half to make snack sized portions.

## Healthy Beverages

**Water** - Water should be the main drink served to kids at snack times. Water satisfies thirst and does not have sugar or calories. (Plus, it is low cost for care givers!) If kids are used to getting sweetened beverages at snack times, it may take a little time for them to get used to drinking water.

*Water should be the main drink served to kids at snack time.*

**Seltzer** - Carbonated drinks like seltzer, sparkling water, and club soda are healthy options. They do not contain the sugars, calories, and caffeine of sodas. Serve them alone or try making “healthy snacks” by mixing them with equal amounts of 100% fruit juice.

**Low-Fat and Fat-Free Milk** - Milk provides key nutrients, such as calcium and vitamin D. Choose fat-free (skim) or low fat (1%) milk to avoid the heart damaging saturated fat found in whole and 2% (reduced- fat) milk. It is best to serve fat-free versions chocolate, strawberry, or other flavored milks to help balance the extra calories coming from added sugars. Single serve containers of chocolate or other flavored whole or 2% milk drinks can be too high in calories (400-550 calories) and saturated fat (1/3 of a day’s worth) to be a healthy beverage for kids.



**Soy and Rice Drinks** - For children who prefer not to drink cow’s milk, calcium fortified soy and rice drinks are good choices.

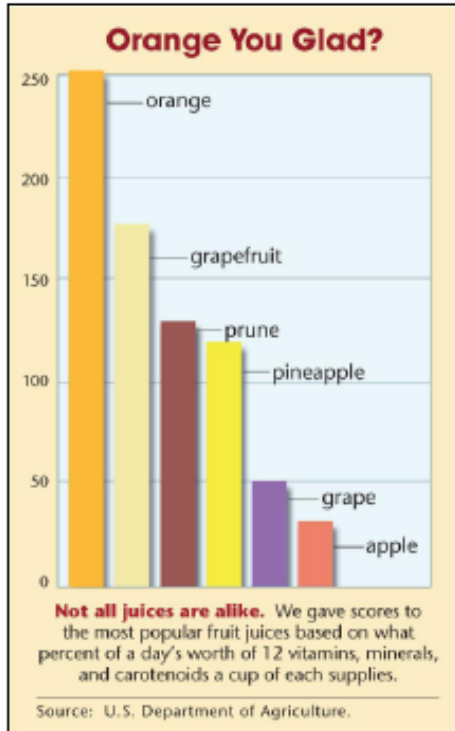
**Fruit Juice** - Try to buy 100% fruit juice and avoid the added sugars of juice drinks, punches, fruit cocktail drinks, or lemonade. Drinks that contain at least 50% juice and no additional caloric sweeteners are also healthful options. To find 100% juice, look at beverage nutrition labels for the percentage of the beverage that is juice. Orange, grapefruit, and pineapple juices are more nutrient dense and are healthier than apple, grape, and pear juices. (see “Orange You Glad?” chart.) Many beverages like Capri Sun, V8 Splash, Tropicana Twisters, Sunny Delight, Kool Aid Jammers, Hi-C, or juice drinks from Very Fine, Welch’s or Snapple are easily mistaken for juice.

Fruit juice can be rich in vitamins, minerals, and cancer-fighting compounds, however, it is high in calories. The American Academy of Pediatrics

recommends that children ages 1-6 years old drink no more than 6 ounces (one serving) of juice a day and children ages 7-18 years old drink no more than 12 ounces (two servings) of juice a day.

**A note about sugary soft drinks (soda, sweetened tea, lemonade, and juice drinks):**

*Children who drink more sweetened drinks consume more calories and are more likely to be overweight than kids who drink fewer soft drinks. Soft drinks also displace healthful foods in kids' diets like milk, which can help prevent osteoporosis, and 100% juice, which can help prevent heart disease and cancer. In addition, soda pop can cause dental cavities and tooth decay.*



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For more information, contact Dr. Margo Wootan or Joy Johanson at the Center for Science in the Public Interest, 1875 Connecticut Avenue, NW, Suite 300; Washington, DC 20009.  
Phone: 202 777 8351, Fax: 202 265 4954, Email: <jjohanson@cspinet.org>

\*Adapted with permission from the Center for Science in the Public Interest

Favorite Recipe Book  
Vanilla Birthday Cake and Frosting



Compare the Nutrition Facts for this cupcake to some of the following alternatives for birthday treats!!

## Nutrition Facts

Calculated for **1 serving** (114g)

Total Servings **24 Cupcakes**

**Calories** 424

**Calories from Fat** 152, **Total Fat** 16.9g, **Saturated Fat** 10.3g, **Polyunsat. Fat** .8g, **Monounsat. Fat** 4.5g, **Trans Fat** 0.0g, **Cholesterol** 78mg, **Sodium** 120.6mg, **Potassium** 56.6mg, **Total Carbohydrate** 68.1g, **Dietary Fiber** 0.4g, **Sugars** 56.0g, **Protein** 3.1g, **Vitamin A** 534mcg, **Vitamin B<sub>6</sub>** 0.0mg, **Vitamin B<sub>12</sub>** 0.2mcg, **Vitamin C** 0mg, **Vitamin E** 0mcg, **Calcium** 54.7mg, **Magnesium** 6mg, **Iron** 0mg 5

# Apples and Chocolate Pudding Dip



**Recipe Rating:**  
**Prep Time:** 1 min  
**Total Time:** 1 min  
**Makes:** 1 serving

1 apple, sliced

1 container (3.75 oz.) fat-free chocolate pudding snack

## **Nutrition (per serving)**

**Calories 157**

**Total fat 0g, Saturated fat 0g, Cholesterol 2mg, Sodium 193mg, Carbohydrate 38g, Dietary fiber 4g, Sugars 28g, Protein 3g, Vitamin A 4%DV, Vitamin C 10%DV, Calcium 6%DV, Iron 6%DV**



## What's the Best Way to Eat Kiwifruit? Try Slooping it!

What's the easiest way to eat a California kiwi? Slooping! Just cut a California kiwifruit in half, then scoop the delicious goodness right out of the skin. It's as easy as eating a soft-boiled egg.

# NO-BAKE CLASSIC SNACK MIX



**Recipe Rating:**

**Prep Time:** 10 min

**Total Time:** 13 min

**Makes:** 14 servings, 1/2 cup each

3 cups spoon size shredded wheat cereal

2 cups popped popcorn

1 cup small pretzels

1/2 cup cocktail peanuts

3 tbsp. butter or margarine, melted

1 tbsp. Worcestershire sauce

1/2 tsp. seasoned salt

**TOSS** cereal with popcorn, pretzels and peanuts in large microwavable bowl.

**MIX** butter, Worcestershire sauce and seasoned salt until well blended. Drizzle evenly over cereal mixture; toss to coat.

**MICROWAVE** on HIGH 2 to 3 min. or until cereal is crisp, stirring after 2 min.

**Nutrition (per serving)**

**Calories 110**

**Total fat 6g, Saturated fat 2g, Cholesterol 5mg, Sodium 190mg, Carbohydrate 14g, Dietary fiber 2g, Sugars 0g, Protein 3g, Vitamin A 0%D,V Vitamin C 0%DV, Calcium 0%DV, Iron 2%DV**

# Fruit 'n Cheese Snack Mix



**Recipe Rating:**  
**Prep Time:** 5 min  
**Total Time:** 5 min  
**Makes:** 1 serving

1 oz. cheddar cheese, cut into bite-sized pieces

1/4 cup whole strawberries, stems removed, quartered

1/4 cup seedless red or green grapes, cut in half

TIP: Try reduced fat, low-fat or fat free cheese to lower total fat and cholesterol

## **Nutrition (per serving)**

### **Calories 160**

**Total fat 10g, Saturated fat 7g, Cholesterol 30mg, Sodium 180mg, Carbohydrate 10g, Dietary fiber 1g, Sugars 9g, Protein 7g, Vitamin A 8%DV, Vitamin C 40%DV, Calcium 20%DV, Iron 0%DV**

# Chocolate Covered Strawberries



8 oz. Semi sweet  
chocolate squares or 1  
pkg. semi sweet  
chocolate chips

24 large strawberries (or  
banana pieces or  
pineapples pieces)

Waxed paper  
Makes: 24 servings

Wash strawberries (leave the stems on) and dry VERY well. If even a drop of water gets into the melted chocolate, you'll have to throw it away (or eat it) -- you won't be able to coat anything with it.

Cover a cookie sheet with waxed paper

Put chocolate into a glass bowl

Put in microwave on high for 30 seconds

Remove from microwave and stir for a second or two with a rubber spatula

Repeat the above step one or two more times

By the third time, you should see some of the chocolate beginning to melt (like lumpy chocolate soup). Remove at this point and stir and stir until the lumps are gone. It's better to let the warmth of the melted chocolate and the bowl melt the other chocolate rather than over-microwaving it. If in doubt, err on the side of under-microwaving (you can always pop it in again for another 10 seconds or so at the end).

Dip the dry strawberries into the chocolate, swirling them around to coat well and then place them on the waxed paper.

When you've coated all the strawberries, set aside for about 2 hours to let the chocolate harden

## Nutrition (per serving)

**Calories 41**

**Total fat 2g, Saturated fat 1g,  
Cholesterol 0mg, Sodium 0mg,  
Carbohydrate 5g, Dietary fiber  
0g, Sugars 5g**

# Yummy Stuffed Bears



**Recipe Rating:**  
**Prep Time:** 5 min  
**Total Time:** 5 min  
**Makes:** 1 serving

2 tsp. peanut butter - 25% reduced fat

12 chocolate graham cracker teddy bear snacks

1-1/2 tsp. low-fat cream cheese spread

12 plain graham cracker teddy bear snacks

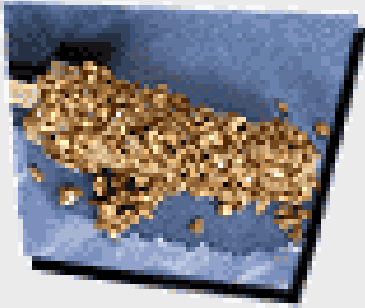
## **Nutrition (per serving)**

**Calories 195**

**Total fat 8g, Saturated fat 2g, Cholesterol 4mg, Sodium 244mg, Carbohydrate 28g, Dietary fiber 1g, Sugars 9g, Protein 27g, Vitamin A 0%DV, Vitamin C 0%DV, Calcium 15%DV**

# Frozen Banana Treats

## Here's what you need:



*High in calories but packed full of nutrients!*

- bananas
- popsicle sticks
- honey (spread out on a plate)
- granola (spread out on a plate)
- A plate covered in wax paper for honey
- a plate covered in wax paper for granola
- a plate covered in wax paper to freeze the ba-

## Here's what you have to do:

1. Peel the bananas and cut them in half the short way.
2. Put a popsicle stick into the bottom of each banana.
3. Roll it in honey and then roll it in granola. The honey will let the granola stick to the banana.
4. You may also want to sprinkle some more granola on the banana after you roll it.
5. Put the bananas in the freezer for a few hours, then enjoy!

## Nutrition (per serving)

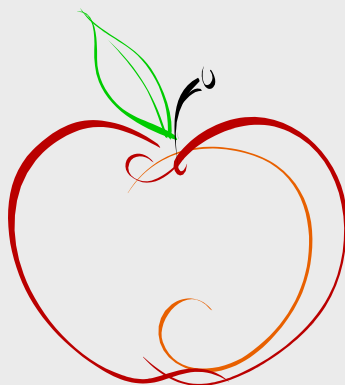
### Calories 237

**Total fat** 2g, **Saturated fat** .4g, **Cholesterol** 30mg, **Sodium** 27mg, **Carbohydrate** 57g, **Dietary fiber** 4g, **Protein** 3g, **Vitamin A** 10 DV, **Vitamin C** 11mg, **Calcium** 17mg, **Iron** .2mg

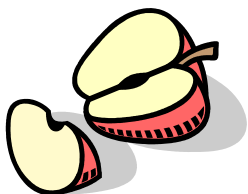
# Sandoodles

Makes 4 sandoodles

- 1 large red delicious apple
- 2 tablespoons seedless raisins
- 2 teaspoons creamy peanut butter
- 1 teaspoon cinnamon sugar



- Core the apple slice into at least eight slices about ¼ inch thick
- Spread a thin layer of peanut butter on one side of an apple slice
- Sprinkle with a few raisins, then top with another apple slice
- Sprinkle the top of your sandoodle with a little cinnamon sugar



TIP: Try peanut butter - 25% reduced fat to lower calories and fat content.

**Nutrition (per serving)**  
Calories 125

**Total fat 3g, Saturated fat .5g, Cholesterol 0mg, Sodium 30mg, Carbohydrate 25g, Dietary fiber 3g, Protein 2g, Vitamin A 56IU, Vitamin C 5mg, Calcium 97mg, Iron .2mg**

# TOASTED PUMPKIN SEEDS



*Pumpkin seeds are rich in omega-3 fatty acids, which are often deficient in children's diets.*

## Eleanor Roosevelt's Favorite Recipe

To roast your pumpkin seeds, try *not* washing them first! Washing removes all the natural flavor. Instead, remove the seeds from the strings and place a single layer on a cookie sheet. Try and make an even layer, the less they lay on each other, the better they can bake.

Add sea salt to taste and bake at 250°, stirring occasionally. Bake until dry, crispy and brown...about an hour.

When taste tested at Eleanor Roosevelt, students liked the cayenne seasoning. Try other seasonings such as garlic powder, Cajun spice, hot sauces, soy sauce, curry powder, or Worcestershire sauce. If desired, one teaspoon per cup of olive oil can be mixed with the seeds before adding spices and baking or spray with an olive oil spray

