

# Healthy Celebrations, Lasting Memories



Birthdays, celebrations, and seasonal events are a great time to include nutritious foods and active play. At child care, we make healthy habits part of the fun. We serve nutritious foods that fit the theme and plan fun activities such as music, art, and games.

## Fun Ideas To Try at Home:

- 1 Create fun food.** Use cookie cutters to cut fruits, low-fat cheese, or breads into shapes that fit the theme (such as hearts, flowers, or pumpkins).
- 2 Get moving.** Plan activities like soccer, obstacle courses, tag, dancing, ball tosses, or jump rope.
- 3 Get colorful.** Choose fruits and vegetables that fit the festivities, such as red fruits like watermelon or strawberries for Valentine's Day.
- 4 Go simple with drinks.** Water and low-fat (1%) or fat-free (skim) milk are good choices for preschoolers. Serve drinks in colorful cups that match the event theme.
- 5 Decorate together.** Children love to create centerpieces, signs, placemats, and garlands using basic arts and craft supplies. Supervise activities with scissors.



## Ways To Recognize Birthdays and Achievements

- 1 Let your child wear a special crown, ribbon, or button all day.
- 2 Give a special card or note sharing your love.
- 3 Let your child sit at the head of the table or decorate his or her chair.
- 4 Make time for a special walk or game, just for the two of you.
- 5 Give hugs and high fives.

## Celebrate with Fun Food Activities

Add simple food activities to your celebration with these fun Look and Cook Recipes:

<https://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes>

- Friendship Pocket
- Crunchy Rainbow Wrap
- Fruit-a-licious Breakfast Cup
- Food Group Friend

## Celebration Ribbons

Cut the ribbons out and tape to your child's shirt for special celebrations.

