WHAT IS A HEALTHY CLASSROOM?

Birthdays and most holidays are celebrated without food.

Healthy eating and exercise are encouraged through classroom activities, verbal messages, and role modeling.

Only healthy, non-food rewards and incentives are offered.

Children are provided with frequent and regular times to move their bodies.

WHY HEALTHY CLASSROOMS ARE IMPORTANT...

- Alarming rates of childhood obesity, type 2 diabetes and other metabolic issues in children—research shows refined sugar increases risk factors for heart disease and diabetes.
- Providing food based on performance or behavior connects food to mood and teaches children to reward themselves by eating even when they are not hungry.
- Healthy classrooms protect children with food allergies.
- Parents should decide what their own children eat…no one else.
- Unlike school lunch, classroom food can change overnight.
- Classrooms will be happier—good nutrition is linked to better behavior and academic performance.
- No messy clean up from birthday parties!
- Low-income parents are protected from financial burden of feeding the entire classroom birthday treats.
HOW DO I CREATE A HEALTHY CLASSROOM?

**Talk to Parents**
Tell parents about no food at birthday parties or sent in for holidays (i.e. candy on Valentines) in advance—use Birthday Contract (provided).

**Celebrate Without Food**
Limit celebrations involving food to three to five times a year.

**Get Kids Involved**
Get children involved and excited by teaching them about nutrition.

**Provide a Snack List**
When food will be consumed at a party, give parents a list of acceptable snacks.

**Create a Healthy Snack Sign-Up**
List only healthy items on the class party sign-up sheet.

**Hang a Sign**
Hang a sign on your classroom door to spread the word—use Healthy Classrooms Sign (provided).

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**Healthy Party Snacks**
Classroom food should emphasize fresh fruits and vegetables; whole grains and low-fat dairy foods.

- Fruit kabobs made with a variety of fruit
- Popcorn
- Unsweetened applesauce cups
- Veggies and hummus
- Turkey and cheese roll ups
- Whole grain crackers or pretzels
- Toasted sunflower or pumpkin seeds
- Smoothies made with plain yogurt and fruit
- Whole grain tortilla chips and salsa and/or guacamole and/or bean dip
- Edamame pods
- Cheese sticks

**Healthy Beverages:**
Water should be the primary drink, as it satisfies thirst without adding calories or sugars (plus, it is low cost!)

- Water
- Seltzer or sparkling water
- Low-fat and fat-free plain milk