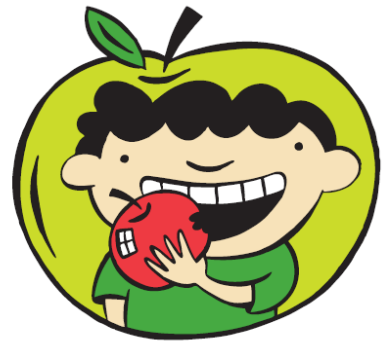


# Provide Healthy Choices

## For Celebrations:

Celebrations and events in after school programs are exciting. All too often, sweet, salty, and fatty foods become the centerpiece of celebrations. There are things you can do to encourage healthy celebrations at your program. For example:

- Send home the provided parent letter about healthy celebrations. It provides ideas for healthy celebration treats that can be sent in.
- For celebrations that involve food, consider fruit platters, cheese, trail mix, or fruit smoothies.



## For Nonfood Celebrations:

- Set a healthy celebration policy or write guidelines for your program. Ask your Let's Go! contact for sample policy language. See example: Boys & Girls Clubs of S. Maine Nutrition & Snacking guidelines.
- Have the birthday child be the first to do each activity and/or be the line leader for the day.
- Birthday Library: Each child donates a book to the program library on his/her birthday. Read the book aloud in honor of the child.
- Create a "Celebrate Me" book. Have teachers or peers write stories or poems and draw pictures to describe what is special about the birthday child.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair, and visits the director's office for a special birthday surprise (pencil, sticker, birthday card, etc.).

## For Snack Time

Most children enjoy a snack during their after school program. What a child has for a snack can affect their ability to concentrate and learn.



There are several things an after school program can do to encourage healthy snacks.

- Send home the Healthy Kids' Snacks parent handout.
- Send home a quarterly newsletter with easy snack ideas.
- Offer a fruit and vegetable tasting to encourage children to try new foods.
- Set a program-wide snack policy.
- Be a role model for children.