



SCHOOL FOOD & BEVERAGE POLICYINFO

MINISTRY OF EDUCATION PPM150 (SEPTEMBER 2011)

HALDIMAND-NORFOLK HEALTH UNIT • BRANT COUNTY HEALTH UNIT

Healthy Classroom Celebrations

Make the mood, not the food, the focus of the celebration! Classroom events can be fun and exciting with an activity, a small gift or a healthy food choice. When school celebrations do involve food, provide healthy options and ensure that the food is safe and served in appropriate portion sizes.

Ideas for your next classroom celebration

- Small school supplies such as pencils, erasers, bookmarks or stickers
- Purchase a book for the classroom or school library and read it to the class
- Plan extra activity time outside or in the gym
- Frozen fruit or yogurt bars
- Fruit kebobs or cut-up fruit with vanilla yogurt dip
- Vegetables and dip
- Yogurt or yogurt tubes
- Cheese strings
- Chocolate milk
- Air popped popcorn and fresh fruit
- Pizza on whole wheat crust with vegetable and lean meat toppings

Benefits of offering healthy foods and beverages

- Reinforces the classroom healthy eating education
- Teaches students that healthy food can be "fun food"
- Keeps students' teeth healthy
- Promotes healthy eating within families
- Fosters a school environment that values and supports healthy eating



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Follow these Healthy Classroom Celebrations tips to earn the Reason to Celebrate badge.

For healthy celebration ideas or to claim your badge visit: www.brightbites.ca.

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**BRANT COUNTY
HEALTH UNIT**

Email: email@bchu.org
Web: www.bchu.org

194 Terrace Hill St., Brantford,
ON, N3R 1G7
Tel: 519-753-4937 Ext. 458
(Nutrition)



Email: info@hnhu.org • **Web:** www.hnhu.org
Simcoe: P.O. Box 247, 12 Gilbertson Dr.,
Simcoe, ON N3Y 4L1
519.426.6170 / 905.318.6623 Ext.3247

Caledonia: 282 Argyle St. S.,
Caledonia, ON N3W 1K7 • 905.318.5367 Ext.3247