



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Healthy Celebration Guidelines

Along with our commitment to combat childhood obesity, we are implementing new policies around our classroom celebrations (including holiday parties and birthdays)

Please consider a non-food item as a fun alternative to snack!

This list is meant for examples of healthy snacks and not limited to other healthy snack ideas you may have.

WE WILL NOT SERVE HIGH SUGAR CONTENT FOODS such as cookies, donuts, cupcakes, or juice that is not 100% fruit juice. If you have questions please consult your child's teacher.

**NON-FOOD ITEMS** - Stickers, tattoos, crayons, party hats, a game to play, a book to read to class, fun paper products, pencils, decorations.

## Healthy Snack Options:

Fresh Fruit (banana, melon)

Cheese slices

Salsa

Applesauce

Cheese cubes

Fresh Vegetables (carrots, cucumber, celery, broccoli)

Cream cheese

String cheese

Canned Fruit (not in heavy syrup)

Yogurt / Go-gurt

Jello

Mini bagels

Mini muffins

Rice cakes

Whole-grain cereal

Whole grain crackers

Vanilla wafer

Graham crackers

Goldfish crackers

Animal crackers

Wheat Thins

Triscuits

Tortilla Chips

Whole grain granola bars

**Preschool Only items:** grapes (cut in half), popcorn, apples

**WATER FIRST FOR THIRST** you can also bring skim milk, or 100% fruit juice

**Fruit:** Can be in individual cups, baggies, or a bulk. We will put it in a container to let children practice serving themselves.

Due to Health Department guidelines, **homemade food items**, from parents and staff, intended for distribution among the children, are prohibited. We prefer snacks in original, unopened, store bought packages.