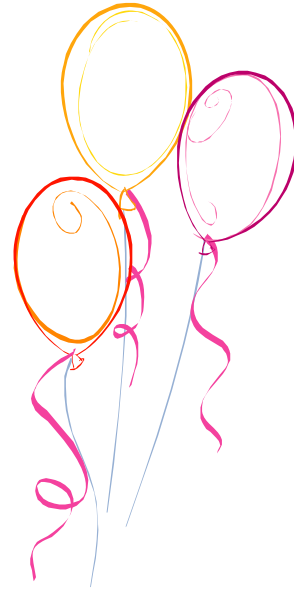


Healthy Classroom Party Ideas

- Fruit Skewers
- Yogurt Parfait
- Fruit and Veggie Tray with low-fat dip
- Wiggly Fruit *
- Fruit Leathers (made with 100% fruit)
- Mini Sandwiches
- Raspberry Banana Pops *
- Healthy Banana Splits (made with low-fat frozen yogurt and topped with fruit)
- Graham Crackers
- Smoothies
- Pretzels
- 100% Fruit Juice Popsicles
- Angel Food Cake topped with strawberries
- Low-Fat Frozen Yogurt
- Punch (made with 100% fruit juice) *
- Low-Fat Cheese and Whole Grain Crackers
- Apple Crisp *
- Bagels with Low-Fat Cream Cheese
- Fat-Free Pudding
- Dried Fruit
- Cereal Party Mix
- Pizza on English Muffins
- Fig Bars

* Recipe provided



Non Food Ideas

Party Hats
Stickers
Pencils
Color Crayons
Coloring Book
Puzzles
Yo Yo's
Bubbles
Pencil Toppers

Choking Alert!

Avoid giving children under the age of four foods that are round and hard, sticky, or cut into large chunks. Cutting foods into smaller pieces can make them safer for children. Cut foods so that they are no larger than 1/2" round for preschoolers and 1/4" for toddlers.

Cranberry Punch

Ingredients:

1 quart (32oz) cranberry juice
1½ cups (12oz) pineapple juice
2 cups sugar free ginger ale or lemon lime soda
Ice cubes

Refrigerate all ingredients. Combine ingredients and serve immediately.

Makes 15 (1/2 cup) servings.

Raspberry Banana Pops

Ingredients:

3 medium bananas
6 large wooden popsicle sticks
6 oz. container low-fat raspberry yogurt
1 container of candy sprinkles

- 1) Cut each banana in half crosswise. Insert wooden stick into the cut-side of each half.
- 2) Pour yogurt on dinner plate. Roll bananas in yogurt until they are completely covered.
- 3) Lightly sprinkle with candy sprinkles
- 4) Place on wax paper-lined baking sheets and place in freezer for 2 hours before eating.

Makes 6 servings.



Wiggly Fruit

Ingredients:

2 teaspoons (1 envelope) unflavored gelatin
2-3 cups sliced fruit
2 cups unsweetened fruit juice
(not pineapple)

1. Mix gelatin with 1/4 cup juice in bowl.
2. Measure another 1/2 cup juice and bring to a boil.
3. Add hot juice to gelatin mixture, stirring until all of the gelatin is dissolved.
4. Add remaining juice and chill until it begins to set.
5. Add fruit, stir, and chill until firm.

Makes 8 servings.

Recipe from *Meals Without Squeals*



Apple Crisp

Ingredients:

4-5 medium apples cored and sliced
1/4 cup quick cooking oatmeal
1/4 cup flour
1/2 cup brown sugar
1 Tablespoon cinnamon
1/4 cup trans fat free margarine

Preheat oven to 350°. Spray 8x8" baking pan with non-stick cooking spray. Spread the sliced apples on the bottom of the pan. Cut the margarine into small pieces and put in a medium sized bowl. Add oatmeal, flour, brown sugar and cinnamon. Using two knives, cut the margarine into the mixture until it looks like small crumbs. Sprinkle the mixture over the top of the apples. Bake for 20 minutes.

Makes 8 servings.

