

upLIFT Your Celebrations

Learn about making your school and classroom events healthy, nutritious and fun!

Why upLIFT Your Celebrations?

Students often partake in classroom and/or school celebrations. Providing children with nourishing food options and swapping food for fun activities during events can create consistent messages about nutritious eating and a healthy lifestyle.



There is nothing wrong with an occasional treat, especially when celebrating, but unhealthy choices have become the norm rather than the exception. Consistent messaging is key to influencing children's behaviors!

Check for consistent messaging

Ensure that your school has guidelines and nutrition standards that **support a healthy school environment**. Having these in place through a Local School Wellness Policy, or other administrative policy, can provide ample opportunities for students to be continuously exposed to healthful conditions.



Considerations:

- Does your school have set nutrition standards?
- How often are classroom celebrations occurring?
- Do you have a list of healthy options to serve at events?

Provide healthy, fun food swaps

Healthier options for celebrations don't have to be boring. **Creativity is key!** A good strategy is to pair something less nutritious, with a more nutritious option. You can also modify healthier options to make them fun. Try cutting vegetables into shapes, or making an activity out of them!



Simple Swaps:

- Pretzels, popcorn, bread sticks, graham and animal crackers
- Fruit smoothies
- Waffles/pancakes topped with fruit

Share healthy and nutritious recipes

Share **healthy and creative recipes** for school celebrations and events with students, teachers, and families. Encourage others to use these recipes whenever a school celebration or event occurs!



Recipe Ideas:

- [Crackerjack Popcorn](#)
- [Chocolate Chip Yogurt Bark](#)
- [Pear Hand Pies](#)
- [Hot Chocolate Muffin](#)
- [Peanut Butter Bars](#)



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