

HEALTHY CELEBRATORY BIRTHDAY TREAT IDEAS

1. Tropical Fruit Yogurt Parfaits. Yogurt costs a lot less when you buy it in large containers. You will need two 32-ounce containers of vanilla or favored low-fat yogurt, two cans of pineapple chunks, packed in their own juice (drained), and one box of whole grain cereal. Let kids make their own by layering all the ingredients in small cups.

2. Apple Cider and Graham Crackers. A sweet fall favorite. Purchase two gallons fresh pasteurized apple cider and one box of cinnamon or plain graham crackers (whole grain is best). Serve each child one whole cracker and a 6-ounce glass of cider.

3. Pita Wedges and Marinara Sauce. Kids love anything that tastes like pizza. Purchase two bags of whole wheat pita bread and cut the pitas into small triangles (about six triangles per pita, depending on the size). Give each child a few wedges of pita and serve with a tablespoon or two of low-sodium marinara sauce.

4. Chips and Salsa.

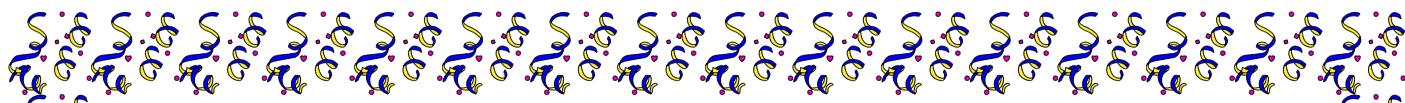
Most kids can't resist dipping. Buy two bags of baked tortilla chips and a few different kinds of salsa such as mild, pineapple salsa, black bean salsa, etc. Let kids taste and rate the different salsas.

5. Cookies and Milk. Two packages Whole Grain Fig Newton cookies and one gallon fat-free milk.

6. Eggs and Cukes. A high-protein snack that will fuel kids for school or play. One hard-cooked egg per child and a handful of sliced cucumber rounds. Peel eggs before sending them to school and be sure to keep them cold.

7. Mini Veggie Crisps. Crunchy whole grain goodness. Spread vegetable cream cheese on two mini whole grain rice cakes. Sprinkle with neatly diced green pepper or cucumber. Each child gets two veggie crisp sandwiches.

8. Blueberry Pudding Cups. Creamy pudding and cold fruit—yum! Each child gets one individual low-fat vanilla pudding cup and a few tablespoons of blueberries to stir into the pudding after the first few bites.



9. Pretzels and Hummus. Simple and quick. Two bags of whole grain pretzel twists and one large tub of hummus (any flavor).

10. Strawberry Pancake Sandwiches. A freeze-ahead, surprising twist on a breakfast favorite. Spread a thin layer of low-fat strawberry cream cheese onto a defrosted whole grain pancake. Top with fresh strawberry slices, then another pancake.

Cut into three wedges and freeze. Each child gets one wedge.

11. Squeezable yogurt, yogurt to go, or yogurt tubes. Just one flavor or mix and match. Freeze rest.

12. Popcorn Four Ways. Pop light popcorn in the microwave. Top with one of the following: a sprinkle of parmesan cheese, some nutritional yeast, cinnamon and sugar, or a little taco seasoning. Serve with a small cup of 100% juice.

13. Basic Cheese and Crackers.

Cheese and crackers never get old. Each child gets one low-fat mozzarella cheese stick and four whole grain crackers.

14. Kiwi Fruit. Lots of children

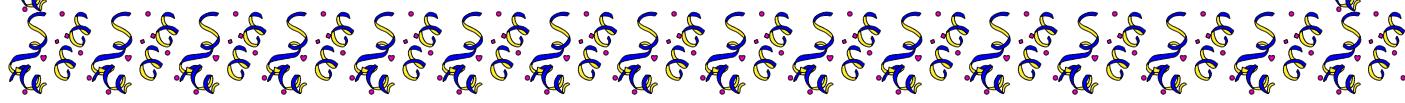
have never seen or eaten kiwi before. Each child gets one plastic spoon and one kiwi fruit cut in half horizontally. Kids can use the spoons to scoop out the fruit.

15. Cereal and milk. Packed with vitamins and minerals cereal is not just for breakfast. Buy two boxes of whole grain cereal and a gallon of 1% or fat free milk. Let kids mix and match their favorites.

16. Take-a-long Snack Mix. Mix and match your favorites and buy ingredients on sale. One large bag of microwave popcorn, one box or bag of whole grain cereal, one bag mini pretzel twists, and one large box of raisins. Put all in a large bowl and mix well. Scoop out onto napkins or plates or into small plastic bags.

17. Clementines and Chocolate Milk. Packed with vitamin C, clementines are sweet and super easy to peel. Each child gets one clementine and one 4-oz. glass of chocolate milk.

18. Cheese, Tomato and Olive Kabobs. Kids love food on a stick. Gather 1 1/2 pounds low-fat mozzarella cheese cut into small cubes, two pints cherry tomatoes, one can black olives (drained) and small toothpicks. Skewer everything on toothpicks and serve.



19. Carrots and dips. Most children like carrots because they're sweet. Buy an extra large bag of mini carrots, a jar of salsa, and a container of hummus or peanut butter for dipping.

20. Whole bananas. Bananas are the perfect portable fruit. If you need to send them in a day or two ahead, buy those that are slightly green to give them time to ripen. Each child gets one small or 1/2 large banana.