

Food Guidelines for Celebrations at the Preschool

Two years ago, the Preschool began transitioning to healthier snacks and birthday treats. The Preschool believes in promoting healthy food choices for children. In order to support this healthy nutrition initiative, the Preschool does not serve food of minimal nutritional value (i.e. cupcakes, donuts, candy). Healthier food choices are now the **standard** for holiday and birthday celebrations at the Preschool.

Parents should contact their child's teacher to schedule a child's birthday celebration. Parents are also encouraged to allow children to be part of the selection of the birthday treats from a range of healthy parent-led choices. In the past, we have found that children are very proud of themselves when they bring in healthy treats for their classmates.

Suggested birthday treats include:

- Mini apple, banana, cinnamon or oatmeal muffins
- Fruit kabobs and yogurt for dipping
- Fruit mosaics – fun filled fruit tray arranged as a picture
- Fruit smoothies (yogurt with fresh or frozen fruit)
- Frozen fruit bars
- Ants on a log (celery with cream cheese topped with raisins)
- Pizza
- Vegetable mosaic – with dipping sauce
- Make your own yogurt parfait with granola and fresh fruit
- Yogurt covered raisins
- Apple slices with dipping sauce
- Sorbet
- Yogurt covered pretzels
- Home made waffles with fresh fruit
- Cheese and salsa quesadilla
- Whole wheat bread sandwiches cut into shapes
- Chicken nuggets

Established by:
Staff of Peachtree Presbyterian Preschool
The Parents' Council
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