



Healthy Celebrations

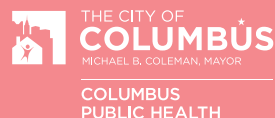
Together we can teach children to enjoy healthy foods and activities at celebrations.



PREVENT. PROMOTE. PROTECT.

Developed by Healthy Children Healthy Weights at Columbus Public Health

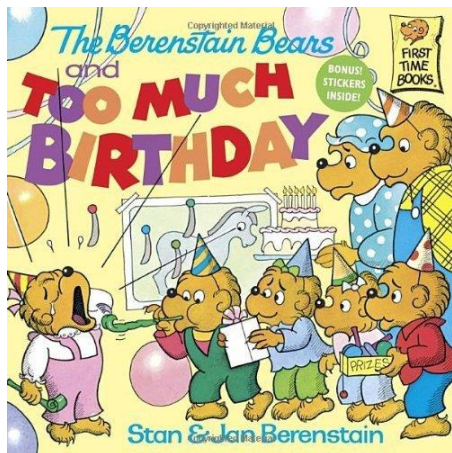
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HEALTHY FAMILIES: BOOK OF THE MONTH



Healthy Celebrations ★★★★★★★★★★★★★★★★★★★



Title

The Berenstain Bears and Too Much Birthday

Author

Stan and Jan Berenstain

Summary

Is there such a thing as too much birthday? Poor Sister is overwhelmed by her big, noisy sixth-birthday party. Her sympathetic parents help her realize the true importance of having a birthday in this funny exercise in moderation for the cubs—and parents.

To borrow a free copy, visit the Public Library of Cincinnati and Hamilton County to find a library branch near you at <http://www.cincinnati.library.org/>. This book is also available in stores and online.



Healthy Celebrations ★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★

Take a Break from the Cake

It's time to refocus and celebrate the *event* rather than the *food*. Make celebrations fun and active to show children that parties are not all about the sweets. Make healthy habits a part of every celebration by planning crafts, games, and other non-food activities that help promote a healthy lifestyle. If food is requested, be creative with fun ways to incorporate fruits and vegetables to provide more opportunities and exposure to healthy food choices.

Recommendations

Take the time to communicate with children the reason for the celebrations. There are all kinds of books, songs, dance, games and crafts that focus on holidays, birthdays and special occasions; so get creative and have fun!

What You Can Do

Keep the sweet treats away and use these tips for celebrating events in a fun and healthy way:

1. Bring in non-food party favors/supplies for child care center and school celebrations.
2. Choose a variety of healthy snack and meal items. Focus on fruits and vegetables, lean proteins, whole grains, low fat dairy, and water when food is offered.
3. Support healthy habits for children by planning active games and playtime that celebrate the event—not the food.

For more information on Healthy Celebrations:

1. School Bites | Healthy Class Party Planning Guide—
<http://school-bites.com/healthy-class-party-planning-guide/>
2. Action for Healthy Kids | Healthy Food Ideas: School Snacks, Celebrations and Family Events—
<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/foodideasf3a.pdf>
3. Alliance for a Healthier Generation | Celebrations—
https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/celebrations/

Adapted from: Columbus Public Health—Healthy Children, Healthy Weights Program



HEALTHY FAMILIES: ACTIVITY OF THE MONTH



Healthy Celebrations ★★★

Plan Alternative Activities

Sit down with your family and think about your upcoming holiday celebrations. Try to come up with at least one special activity for each holiday that you can do as a family that doesn't involve food. It might be some form of physical activity, a holiday craft project, reading a special story, or some other activity that your family finds meaningful. Plan to incorporate these activities you're your holiday celebrations.

Make Holiday Food Healthier

Look at your favorite family holiday recipes. Are there any recipes that you can make healthier? Is there a way to substitute a less healthy ingredient for one that is healthier? Is there a similar recipe you can make that is healthier? For example, you might replace part of the butter in your favorite cookie recipe with apple sauce or banana. Plan to try these new recipes during the upcoming holiday season.



classic macaroni & cheese

Ingredients

2 cups macaroni

1/2 cup onions, chopped

1/2 cup evaporated fat-free milk

1 medium egg, beaten

1/4 teaspoon black pepper

1 1/4 cups low-fat cheddar
cheese, finely shredded

nonstick cooking spray,
as needed



1. Cook macaroni according to directions—but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Reheat oven to 350 °F.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the rest of the ingredients and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Yield 4 servings, **Serving Size** 1 cup, **Calories** 200, **Total Fat** 4g, **Saturated Fat** 2g, **Cholesterol** 34mg, **Sodium** 120 mg, **Total Fiber** 1g, **Protein** 11g, **Carbohydrates** 29g, **Potassium** 119 mg



National Heart, Lung,
and Blood Institute

Berry Good Banana Split

Ingredients

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup fresh blueberries or other fresh berries

Preparation

1. Cut the banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place the banana halves on both sides of the yogurt.
4. Top yogurt with granola and berries. Serve.

Makes 1 serving.

Preparation time: 5 minutes

Helpful Hint: Fresh berries taste great and cost less when they are in season. You can also thaw some frozen berries for this recipe.



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HEALTHY PARTY FOODS:

- Apple slices with peanut butter or yogurt
- Veggies and dip
- Fruit with yogurt dip
- Cheese Cubes
- Mini Rice cakes
- Whole grain granola bars
- Graham crackers or animal crackers
- Fat-free or low-fat milk
- Baked whole grain tortilla chips and salsa
- Water with sliced citrus fruits, berries or cucumbers



PLAN NON-FOOD ACTIVITIES:

- **Bring a CD** the children can dance to.
- **Volunteer to read a book** about the special event.
- **Send favors**, such as pencils, bookmarks or stickers.
- **Decorate special water cups.**
- **Lead a game** that gets kids up and moving like Simon Says, freeze dance, or charades.