

Pathway To A Healthy Environment

Healthy Environment Tip Sheet Food for Celebrations

CDI/CDC acknowledges celebrations are a part of life and that food is traditionally a part of the fun in celebrations. In support of our agency's Healthy Environment Wellness Policies, we do request that parents provide mostly healthy and nutritious foods when choosing to celebrate special occasions in the center.

The foods purchased and prepared by the center for the children promotes healthy choices that include the reduction of salt, sugar, and fats, and the increase of whole grains, fresh fruits and fresh vegetables. Beverages have no added sugar and are low fat. Juice is always 100% fruit juice. We request the foods brought into the center from home follow these same nutrient standards and foods such as cakes, pastries, candies, and sodas are not brought to the center. Thank you for your cooperation and your effort to provide healthy foods for celebrations for all families!

By using the list below, families can choose to bring in the following healthy food items for celebrations:

- 100% fruit juice popsicles
- Angel food cake topped with fresh fruit
- Animal or Graham Crackers
- Fresh Fruit skewers with low fat whipped topping or yogurt dip
- Fruit Salad
- Fruit Smoothies
- Individual Applesauce
- Low fat popcorn (no popcorn for kids under 5 due to choking hazard)
- Mini muffins
- Pizza with low fat toppings
- Quesadillas with salsa
- String Cheese
- *Trail mix*
- Vegetable trays with low fat dip
- Whole grain crackers with cheese cubes
- Yogurt – granola – fresh fruit parfaits

***Please refrain from bringing if your child goes to a PEANUT/NUT FREE center *
Contact the center if you are unsure!**