

Healthy Food Choices for School Parties & Snacks

Everyone looks forward to a party. Parties are a fun opportunity to celebrate. A party can help celebrate the end of a unit, completion of a goal or a certain time of year. Celebrating is an important part of life but school parties don't always need to be cupcakes, potato chips and soda. With a little imagination parties can be fun and still provide healthy, nutrient rich foods. Parties offer the opportunity for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Eastbrook Community Schools is committed to promoting and practicing healthy lifestyle principles. The following are suggested foods for classroom activities:

- Low-fat milk/flavored milk
- 100% juice
- Fresh Fruit Assortment with yogurt dipping sauce
- Celery sticks with peanut butter
- String cheese
- Low-fat pretzels or popcorn
- Granola bars or breakfast bars
- 100 calorie cookie and snack mixes
- Baked Tortilla chips with salsa
- Trail/Cereal Mixes
- Rice Krispie Bars
- Baked Chips
- Low fat ice-cream sandwich or ice-cream cups
- Fruit roll-ups
- Frozen juice bars

To ensure food safety, Eastbrook Community Schools prefer baked items to be purchased from a bakery; however this is not a requirement.



Any of the items above can be purchased from Food Services at our cost. Please contact Kathy Bernaix (765)664-1214 Ext 180, at least two weeks in advance, and we can discuss prices and get items ordered.