



Healthy Celebrations

This information supports the following Healthy Beginnings 2-5 guideline:

- Serve two food groups for snacks. Ensure that one of the two food groups is a vegetable or fruit.
- Do not use food as reward or punishment

Birthdays and other celebrations occur often when you have groups of young children attending a childcare centre. Offering healthy food or food alternatives will allow you to celebrate the occasion without eating snacks high in sugar and fat.

For special occasions other than birthdays, prepare a menu specific to a country, culture or holiday. Have the children dress up, sing songs, play games or create crafts to learn about and acknowledge the celebration.



Celebrate by:

Allowing the birthday child to:

- Be the leader of the day
- Wear a birthday crown
- Choose a healthy snack
- Help prepare the snack
- Choose the game for outdoor/indoor play
- Choose the background music for the day

Celebrate with healthy snacks such as:

- Vegetables and fruit mosaic platter (arrange cut up fruits or vegetables into a fun shape like a flower, a gold star, or the number of the child's birthday)
- Fruit salad cones (fill flat-bottom ice cream cones with cut up fruit salad)
- Fruit fondue with yogurt dipping sauce
- Mini muffin (still a sugary item but in smaller portions to help limit the added sugar)

Adapted from Healthy After Schools