

Classroom Celebrations!



To help educate students about making healthy choices and eating nutritious foods, here is a list of fun AND healthy celebration foods. Please help us to achieve our healthy kids mission and select foods from the following allowed food list. **KID TESTED! HEART** (Health Education and Resource Team) **APPROVED!**

Allowed Snack Foods*	Foods Not Allowed
<ul style="list-style-type: none"> Fruit or vegetable kabobs Fruit salad Cut vegetables and low-fat dip Trail mix Popcorn (with minimal salt/butter) Pizza (vegetarian) Dried fruits Low-fat yogurt products Fruit leather Mixed nuts and seeds String cheese Yogurt sundaes (with granola/fruit) Sandwiches Banana, pumpkin or zucchini bread Quesadillas Fruit smoothies 100% fruit or vegetable juice Sparkling water Pretzel products Low-fat or non-fat milk Real fruit popsicles or smoothies 	<ul style="list-style-type: none"> Cupcakes or cakes Ice cream Donuts Candy "Fruit" snack candies Jello Pie Popsicles or freezer pops Chips "Fruit" drinks or lemonade Sport or energy drinks Soda Cookies

*All foods provided through the NHUSD Food Services have been evaluated and meet the nutritional standards mandated by SB965 and SB12 laws.

For more information contact Food and Nutrition Svc, New Haven Unified School District, 475-3992 or visit HEART at <http://www.nhusd.k12.ca.us/node/94>,