



*an initiative of*  
The Welborn Baptist Foundation

## Healthy Food Ideas for Classroom and Birthday Parties

- Low fat pretzels
- Popcorn- freshly popped in canola oil
- Low fat Trail mix
- Individual packages of sunflower seeds
- Baked chips, baked Doritos, baked Cheetos,
- Reduced fat chips
- Low fat Chex Mix
- Baked Goldfish
- Reduced fat granola bars
- Cereal bars
- Fresh fruit: apple slices, pear slices, peach slices, bananas, grapes
- Small boxes of raisins or Craisins (other dried fruits)
- Individual fruit cups packed in natural juices
- Individual bags or trays of vegetables and low fat dip
- Low fat pudding cups
- Low fat Pudding Pops
- Frozen juice bars
- Individual cups of frozen sherbet
- Low fat ice cream treats on a stick

- Cups of low fat yogurt
- Low fat smoothies
- Individual bottled smoothies
- Individual bags of animal crackers
- Individual bags of Teddy Grams
- Graham crackers
- Gingersnap cookies
- Low fat cookies
- Low fat brownies
- Angel Food cake slices
- Low fat muffins
- Mini bagels with low fat spreads or honey
- Low fat string cheese
- Low fat cheese cubes
- 100% fruit juice boxes
- Capri Sun water packs
- Small bottled water
- Small low fat milk bottles

**Avoid these foods:**

- Food high in sugar- cake with frosting, cupcakes, candy, iced cookies
- Donuts
- Buttered or microwave popcorn
- Regular chips
- Any fried foods
- Soft drinks, tea, or coffee

**Non-Food Item Treats**

- Stickers
- Books

- Plastic sunglasses
- Small stuffed animals
- Activity/coloring books
- Pens/pencils
- Yo-yos
- Stretchy arm bands or bracelets
- Washable markers
- Erasers
- Bookmarks
- Puzzles
- Play Dough
- Trading cards
- Jump ropes
- Small Hula Hoops

\*Most party stores have an assortment of inexpensive children's items!