

## **Birthday Treats**

At Archway, we believe in providing all students with the opportunity, support, and encouragement to be healthy and physically active on a regular basis through physical education instruction and nutritional instruction. We encourage our families to also promote healthy choices for our students. In order to support our nutrition initiative at Archway, to teach our students good health habits and to keep our students strong and healthy the following guidelines are in place for all grade levels:

1. No homemade treats, all items must be store bought
2. No cake
3. No donuts
4. No cupcakes
5. No juice
6. No frosting or icing

\*Please avoid sending in any treats that are made with peanuts, peanut butter or other nuts.\*

If you wish to send in a birthday treat for your child you are asked to contact your child's teacher to schedule the celebration beforehand in order to comply with the above guidelines and to minimize disruption to instructional activities. **We will not take classroom academic time to celebrate birthdays; treats will be distributed at recess or dismissal.**

## Birthday Treat Ideas

- Clementines
- Fruit kabobs
- Frozen fruit bars
- Yogurt covered pretzels or raisins
- Jell-O treats
- Carrots and ranch dressing
- Ants on a log (celery with cream cheese and raisins)
- Mini muffins (bran, carrot, pumpkin, blueberry)
- Sliced fruits
- Popcorn
- Graham crackers
- Fruit breads (banana bread, pumpkin bread)
- Dried fruit
- Animal Crackers
- Trail mix (without nuts)
- Bananas or strawberries dipped in chocolate
- Cheese and crackers
- Fruit leathers
- Baked tortilla chips with salsa or hummus
- Pretzels
- Berries and whipped cream
- Pita chips
- Watermelon slices
- Bagels

### Non-Food Birthday Treat Ideas

- Donate a book to the school or classroom library
- Distribute pencils, erasers, stickers, bookmarks, bubbles, play-dough