

We're having a healthy classroom celebration!



Classroom events can be fun, exciting . . . and healthy! For your child's next classroom celebration, help to make the healthy choice the easy choice—send a nutritious treat for everyone to enjoy!

Try one of these healthy menu ideas for classroom celebrations:

- Fresh fruit kabobs with vanilla yogurt for dipping
- Whole grain crackers and lower-fat cheese cubes
- Air popped popcorn and fresh fruit
- Whole grain muffins and fresh orange wedges
- Fresh vegetable stick skeleton with "brain" dip

Providing healthy snacks not only supports the Ministry of Education's School Food and Beverage Policy (P/PM 150), but also reinforces the classroom healthy eating lessons and encourages nutrient rich, dentally friendly fun!

Together we can make the healthy choice the easy choice!



For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools