

# Healthy Celebrations (Handouts)

We recognize that programs often want to hold holiday or birthday celebrations, and these resources offer ideas for giving those celebrations a healthy make-over! Below are several resources with specific foods and non-food ideas provided.

**Action for Healthy Kids | Healthy and Active Parties**

<https://www.actionforhealthykids.org/activity/healthy-active-parties/>

**Center for Science in the Public Interest | Healthy School Celebrations**

[http://cspinet.org/new/pdf/healthy\\_school\\_celebrations.pdf](http://cspinet.org/new/pdf/healthy_school_celebrations.pdf)

**Center for Science in the Public Interest | Healthy Halloween**

<http://www.cspinet.org/new/pdf/halloween.pdf>

**Centers for Disease Control and Prevention Healthy Schools | Celebrations and Rewards**

[https://www.cdc.gov/healthyschools/nutrition/celebrations\\_rewards.htm#:~:text=Ideas%20for%20nonfood%20rewards%20include,from%20a%20teacher%20or%20principal](https://www.cdc.gov/healthyschools/nutrition/celebrations_rewards.htm#:~:text=Ideas%20for%20nonfood%20rewards%20include,from%20a%20teacher%20or%20principal)