Healthy Celebration Treats for Preschools

Traditionally, treats are provided for celebrations such as Birthday’s, Halloween, Christmas, etc. These are often food items that may contribute to obesity (i.e. candies, cakes, cookies, and other high-fat, salty or sugary snacks).

Please consider the following food items:
- Fresh whole fruit
- Mini packages of dried fruit
- Mini-bottles of water decorated for the occasion

Although food items are the most popular thing to give, consider not bringing food. Treats can be favors that are non-food items:
- Stickers
- Fat pencils
- Fat crayons
- Coloring books
- Bubbles

Please also consider non-individual gifts. Generosity can have long-lasting effects if donations are made to the class:

Donate a Class Gift:
- Book in child’s name
- Ball, palm size or larger
- Puzzle
- Non-poisonous plant

Donate supplies for a class project:
- Age-appropriate craft items
  o Holiday stencils (e.g. cookie cutter shapes)
  o Decorate boxes (e.g. stamps)
- Age-appropriate discovery projects
  o Growing plants (e.g. lima beans grown in clear plastic cups)
  o Life (e.g. worms in oatmeal)
- Ask teacher for more ideas