



Hello CCES Room Parents,

The PTA's Health and Wellness Committee, together with Mrs. Smith, has worked hard over the last few years to have healthier foods at CCES. In fact, our school won the Real Food for Kids Montgomery "Most Improved School Food Award" this past spring.

We want to keep this momentum going! We had great success with healthy foods at class parties last year. Please use the following CCES PARTY RECIPE to help plan your class celebrations this year.

CCES PARTY RECIPE:

1. Serve a selection of **HEALTHY FOODS FIRST**

Easy choices include:

- Fruit Kabobs
- Apple slices, halved strawberries, grapes
- Hummus with veggies and whole grain baked chips
- Guacamole with baked chips and veggies
- Baked tortilla chips with salsa
- Popcorn
- Cheese cubes or cheese sticks
- Assemble-your-own trail mix

2. Serve **WATER** to drink

Flavored sparkling water is a great alternative to juice or soda.

3. Offer **ONE SWEET TREAT**

For example, Whole Foods carries a "School Safe" brand of treats that are nut-free and have no artificial colors. They have been popular at CCES.

4. Give away **NON-EDIBLE PRIZES**

The parties are around Halloween and Valentine's Day, so the kids are eating plenty of other sweets. Shift the party focus from unhealthy foods to healthy fun!

Thanks for volunteering your time for our kids!