Health Tip of the Month

Make kid parties healthy parties

When is your next party?
Will you serve cake, cupcakes, soda, and candies?
Will your guests be sitting most of the time?

Make your parties healthier parties with healthy foods and plenty of activity!

Dance and sing. Have a scavenger hunt.
Play active games. Play sports.
Play musical chairs. Go outdoors.
Let kids serve food. Let everyone clean-up!

What’s on your party menu?

Appetizer
Cut up fresh fruit.

Drink
Prepare iced water or seltzer mixed with a little fruit juice.

Main course
Make mini pizzas with mini whole wheat pitas or English muffins, tomato sauce, peppers, broccoli, or mushrooms and low fat mozzarella cheese! Top with a slice of pineapple.

Dessert “Party-Perfect-Parfait”:
Place 1 bowl of low fat vanilla yogurt, 1 bowl of fruit, 1 bowl of granola, and 1 bowl of walnuts on your party table.

Give each child a cup and let them prepare their own personal parfait!

Worksite Wellness Initiative: by Sally Goldstein, Dietetic Intern
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