

Healthy School Celebrations



Let's Party! From birthday parties to holiday celebrations, there are many celebrations in schools. Along with the fun usually comes food. Offering so many treats can often contribute to unhealthy eating habits. Soille Hebrew Day School is committed to making our campus more health conscience.

If you decide to celebrate your child's birthday at school we are requiring families to bring healthy snacks in lieu of Cupcakes, cakes, ice cream, Krispy Kremes, etc. We know sometimes this can be a challenge. We are here for suggestions. Of course, all food needs to be kosher. If something needs preparation, it should be done in the school kitchen. Please call Estelle Workman to arrange or for other ideas. Below is a great list of ideas:

- Fruit Smoothies
- Fruit Kabobs (Need to be made in school kitchen)
- Yogurt Parfaits
- Angel Food Cake topped with fruit
- Popcorn
- Low-Fat Pudding
- Applesauce or fruit cups
- Raw veggies with dressing or hummus
- Berries with low-fat whipped topping
- Apples with Honey or Caramel
- Cheese and Crackers
- Muffins
- Trail Mix
- Fresh Fruit
- 100% Fruit Popsicles

