

# 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.**

**Play active games.**

**Play musical chairs.**

**Let kids serve food.**

**Have a scavenger hunt.**

**Play sports.**

**Go outdoors.**

**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

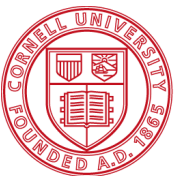
Make mini pizzas with mini whole wheat pitas or English muffins, tomato sauce, peppers, broccoli, or mushrooms and low fat mozzarella cheese! Top with a slice of pineapple.



### 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!**



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**Worksite Wellness Initiative:** by Sally Goldstein, Dietetic Intern  
Teachers College, Columbia University. 27:1/13  
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