



Valentine's Day Treats Recommended by the Nutrition & Wellness Committee



We've come up with some great healthy ideas for classroom parties that won't break the bank and are eco-conscious too. We tried to take into account snacks that reflect Valentine's Day colors, are *HEART* healthy and that do not generate a ton of trash (wrappers, etc.) - Please also remember, we are a NUT ALERT school, so please do not bring snacks with nuts!

ABOUT VALENTINES!

A Valentine in and of itself is perfectly fine. No need to add items to the card. Kids will often-times be just happy to receive the Valentine.. If they are wanting/expecting something, this is a gentle time to define boundaries with them if it's appropriate. If not, and you and your child plan to add a gifty see other side panel

PARTY FOOD

- For drinks—WATER!!!
- Strawberries cut in half look like hearts
- Other colorful fruit—raspberries
- Instead of cupcakes make muffins and cut them with a heart shaped cookie cutter
- Fat free red jello cut in heart shapes using a heart shaped cookie cutter (try jello with natural dyes from a health food store of your choice)
- Fresh Veggies (red bell peppers and cherry tomatoes) served with hummus or other dip.
- Grated beet salad with cottage or feta cheese

PARTY FOOD CONT'D

- Make sushi with the kids. They love rolling the sushi and add red and purple fillers (red bell peppers, purple cabbage, grated beets, etc.)
- What about trying sprouted bagels? They are a lot more nutrient rich than regular bagels. Spread butter or cream cheese and a raspberry or strawberry fruit spread on them. Fruit spreads are the jams that are only fruit sweetened and have no refined sugar

For More info: <http://www.ednamaguire.org/nutrition-and-wellness/>

ECO-FRIENDLY VALENTINE GIFTIES

- Red Paper-clips...several strung together
- Pink pencil erasers
- Heart Stickers
- Heart Tatoes
- Red or Pink Playdough
- Colorful Pencil/Pen grips
- Your child's favorite recipe
- List of five fun things to do

Cool the Earth for Winter by Reducing the Waste!

