



Cool the Earth for Winter by Reducing the Waste!



Keep ALL Edna Kids Healthy! Let's work as a team!



Winter Holiday 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 the winter seasons' holiday colors (Red, Green, Blue and White) 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!

PARTY FOOD

- For drinks—WATER!!!
- Popcorn (you can string for a craft)
- Fresh fruit (blueberries, raspberries, pomegranate seeds).
- Nancy's (or other) Kefir (Raspberry and Blackberry yogurt drink in great holiday colors available at WF, roughly \$3/qt.). Serve w/ fruit or even candy cane bagels right column!
- Dried fruit /veggies (cranberries, blueberries, wasabi peas).
- Fresh Veggies (red and green bell peppers) served with hummus or other dip. OR Edamame even Beets!
- Latkes (potato pancakes) with applesauce and sour cream.

PARTY FOOD CONT'D

- Homemade cranberry muffins or persimmon bread, see our website for recipes.
- Noah's Bagel's—Candy Cane shaped bagels (Bon Air Shopping Center).
- Get crafty with cream cheese and unsweetened dried coconut on your choice of edible canvas.
- Use apple butter on bread to make Rudolph, use raisins for eyes, pretzels for antlers and dried cranberries or maraschino cherry for nose!

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



ECO-FRIENDLY NON-FOOD ITEMS

- Holiday Stickers
- Holiday Tattoos
- Holiday Colored Play-Dough
- Brightly Colored Scotch Tape Dispensers



