

## Sample Letter to Parents with Celebration Ideas

Dear Parent/Guardian:

At (*enter center name here*) we feel we have a responsibility to help your child establish lifelong habits of healthy eating patterns and regular physical activity. By establishing healthy habits early in life, children can dramatically reduce their health risks and increase their chances for longer, healthier lives. You love your child and you want the best for them, so please join us in creating opportunities for them to make healthy choices.

The goal is not to cut out all treats, but to make sure they are eaten in moderation and do not become the primary focus of parties or celebrations. The focus should be on fun, not food. The list below provides healthy suggestions for celebrations.

### Healthier Options

- 100% juice instead of punch
- Low-fat cheese cubes or hummus with whole grain crackers
- Parfait with low-fat yogurt, fruit and granola. They could be served in a waffle cone.
- Trail mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Seasonal beverages (e.g., warm cider in fall or a fruit smoothie in summer)
- Bananas dipped in yogurt, rolled in crushed cereal and frozen
- 100% fruit juice freezer pops
- Fruit pizzas using whole grain tortillas topped with low-fat whipped topping and fruit
- Fruit salad or apples with caramel dip

We encourage parents to use the above list as a guide in providing healthy snacks. You may also choose to bring in non-food items to give to each child on your child's birthday. Below is a list of ideas:

Stickers	Glow-in-the-dark items
Little toys	Slap bracelets
Stamps	Whistles
Army men	Party hats
Plastic rings	Silly bands
Decorative pencils	Fake tattoos
Erasers	Bubbles
Holiday theme items	Chalk
Crayons	

You may also purchase a book for the program in your child's name. It could be read to the children on your child's birthday. You may also join your child for an activity or a meal.

Please complete the *Birthday Request Form* and return it at least 2 days before the event. Thank you for helping to provide healthier options for your children.

Sincerely,  
(Name)