Kids For Kids Academy

400+ Healthy Celebration Snacks

As part of our healthy initiative, our school does not permit cake, ice cream or other unhealthy snacks. Here are some healthy alternatives you can use to celebrate your child's birthday or special occasion at our school and in your home. We are a peanut free school, please substitute apple butter, yogurt, or cream cheese for any items shown with peanut butter.

Consider putting a candle in one of these healthy birthday options. You can use a tray as a base or roll out and bake pizza or biscuit dough or corn bread and top with yogurt or whipped cream and fruit

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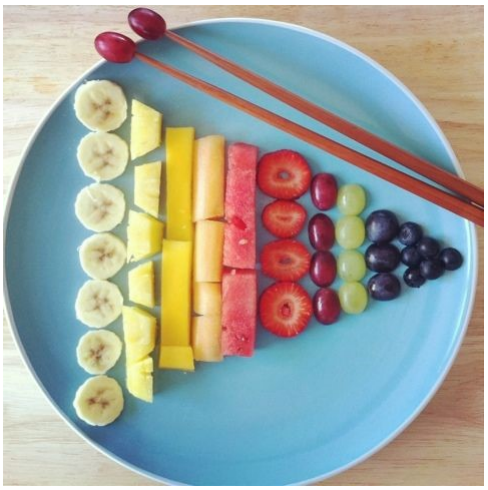
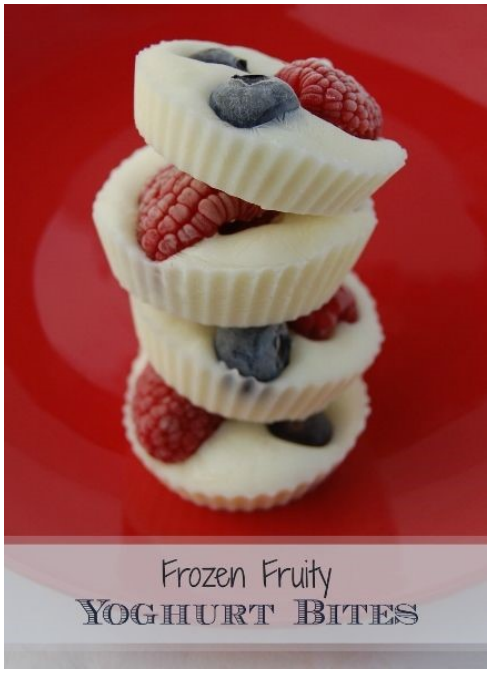
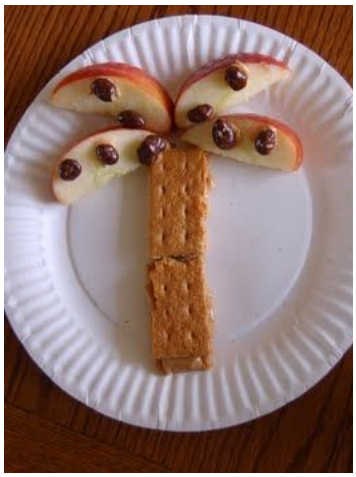
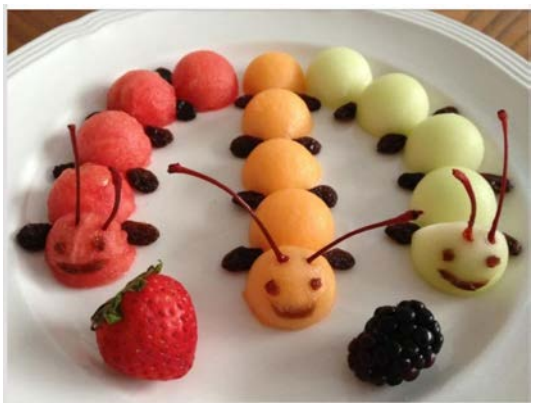


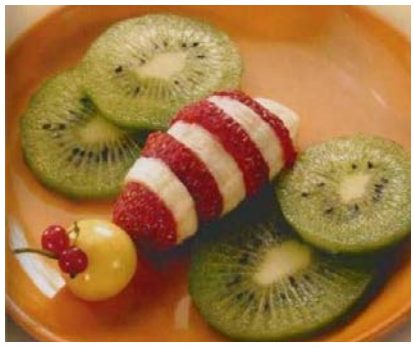

Frozen Fruity
YOGHURT BITES

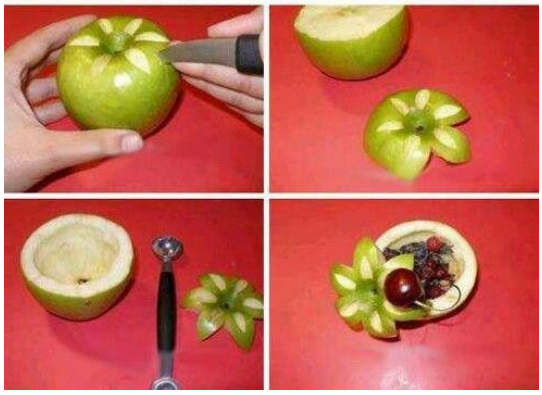
Magic
Berry Wands

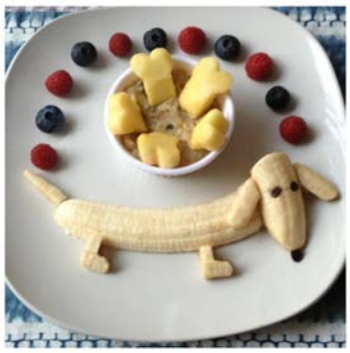


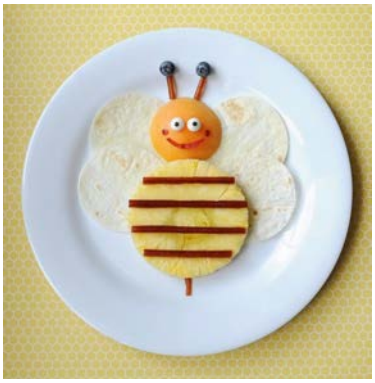
A math lesson on patterning using colored fruit.

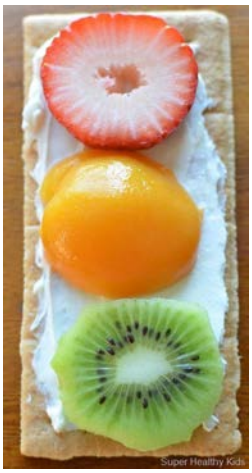






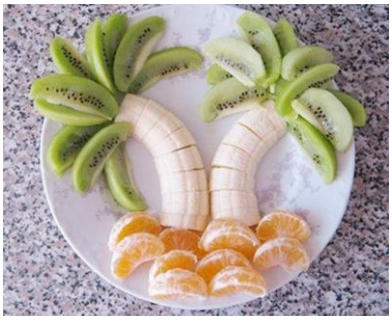




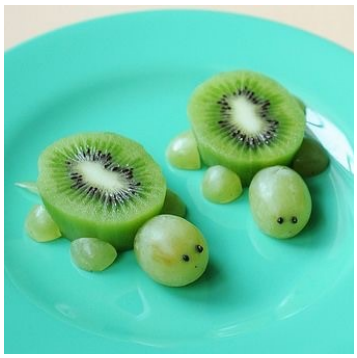

Super Healthy Kids

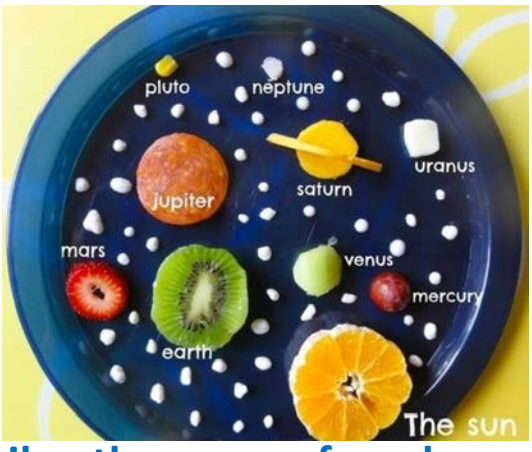
Celery and Pepper
STOP LIGHT SNACK

A Pretty Life in the Suburbs



Kitchen Fun
with My 3 Sons

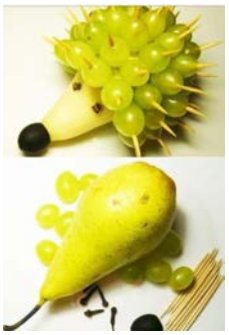


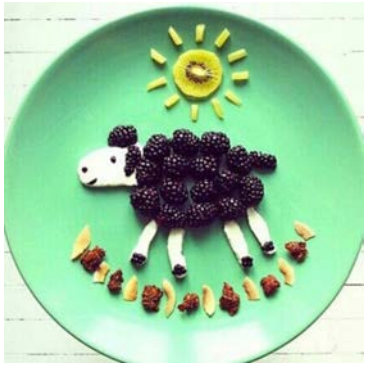


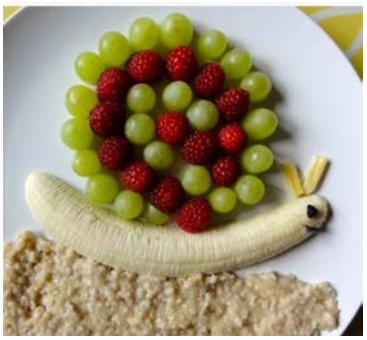
Some activities were developed at our school while others were found on Pinterest. Visit my healthy snack board on Pinterest at

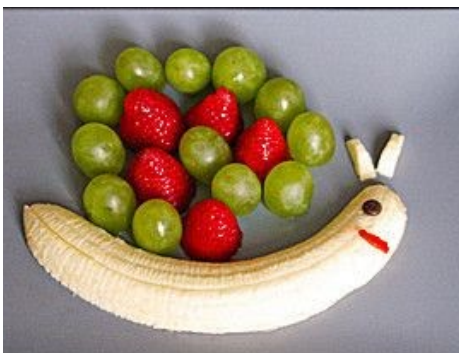
www.pinterest.com/bethdavismiami

Drop fresh fruit into a popsicle mold then add white grape juice and freeze









For more information on our commitment to nutrition and our

Smart Start Healthy Initiative visit our website

www.kidsforkidsacademy.com

Orange Creamsicle Yogurt Bites

makes 6 yogurt cups

Ingredients

- 1½ cups Vanilla yogurt
- 1 (3 oz) package of Orange Jello mix
- *optional, whipped cream to top

Instructions

1. Line a muffin tin with 6 cupcake liners.
2. In a medium microwave safe mixing bowl, combine yogurt and Jello mix, stirring to combine.
3. Microwave on high for 2 minutes, stirring after each minute.
4. Fill each cupcake liner with about ¼ cup of yogurt mixture.
5. Chill cups for at least an hour until set.

Notes

You can easily mix and match different flavors or yogurt and Jello. Also, try making them in mini cupcake liners as well for a more bite-sized treat!

Store in an airtight container, refrigerated for up to 3 days.

Insert sticks into fruit.

Frozen Yogurt Covered Fruit Pops *makes 12 pops*

- 1/2 cup Greek yogurt
- 1 Tablespoon honey
- large freezable fruit such as: bananas, kiwi, strawberries, mango
- 12 cake-pop or thick lollipop sticks, 6″ long
- toppings such as: chopped pecans, cashews, pistachios, mini chocolate chips, sprinkles

1. In a bowl, combine yogurt and honey. Place the bowl in the freezer for 5 minutes to thicken back up.

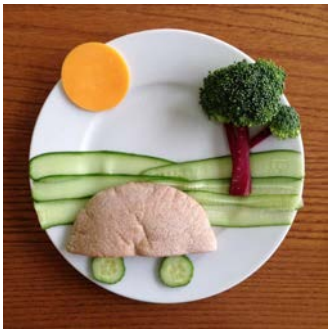
2. Slice fruit into large slices that will fit on a stick. Keep strawberries whole.

3. Prep the desired toppings. Chop nuts and chocolate, toast coconut, pour sprinkles...and place on a plate or in separate bowls. Insert sticks into fruit.

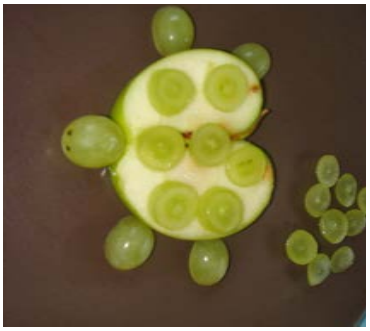
4. Dip fruit into yogurt using a spoon to help spread the yogurt over the fruit. Sprinkle desired topping over the yogurt covered fruit.

5. Place the dipped fruit pops on a baking sheet covered with wax paper or parchment paper. Place in the freezer for 2 hours or until the yogurt is frozen.

6. Remove from the freezer and serve. Store in freezer bags in the freezer. If stored for a day or more they are best served when defrosted for at room temperature for a minute or two.

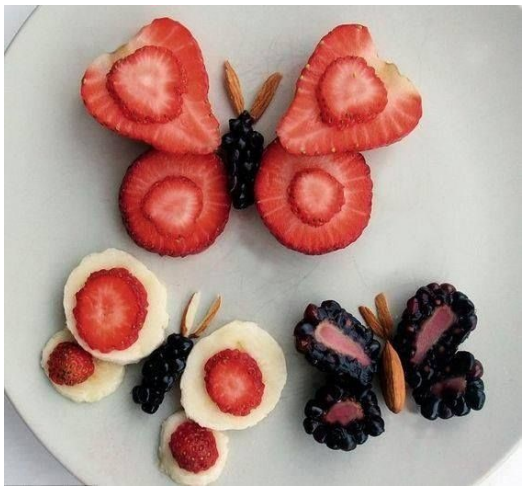


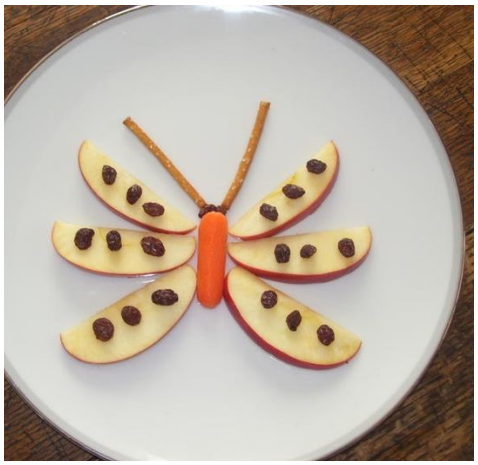
These animal paws are made using straws and sliced fruits and vegetables.

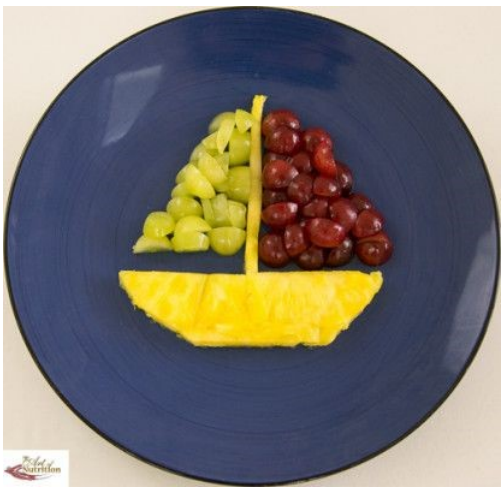


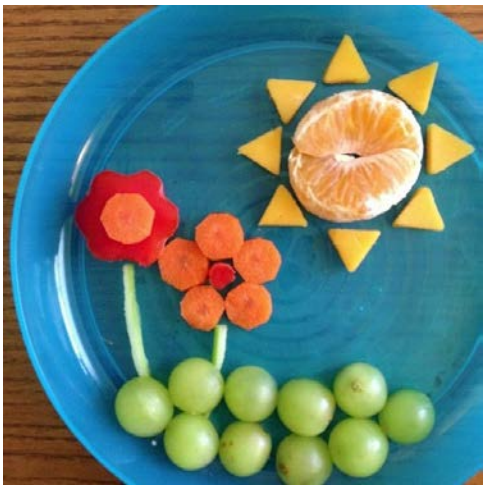
String Cheese Snake

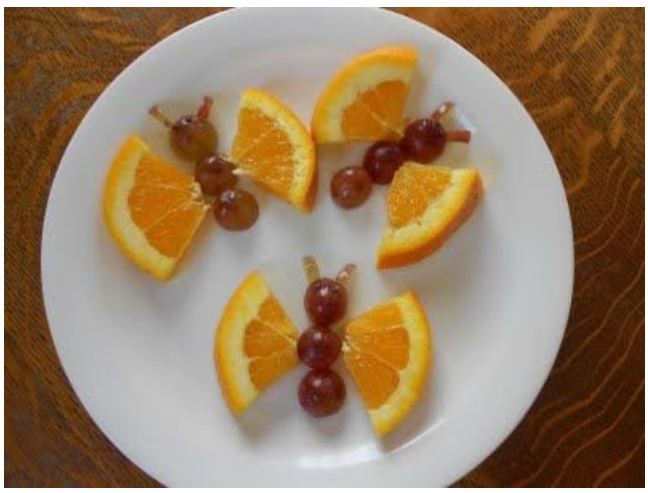
Little Wonders' Days

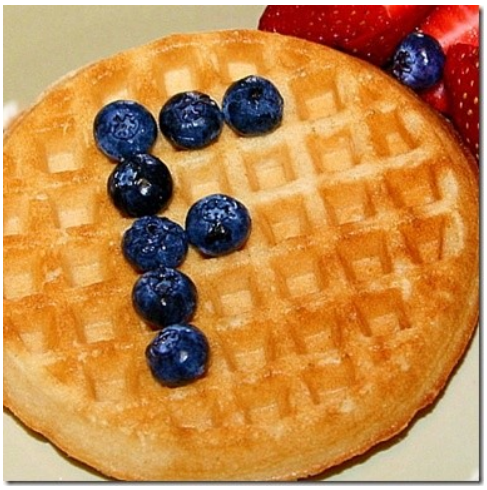






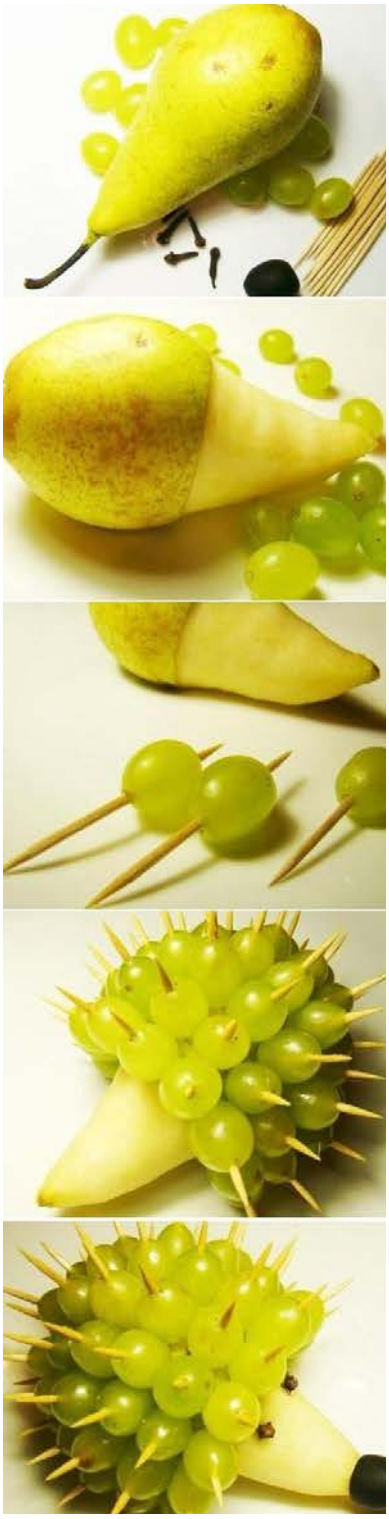




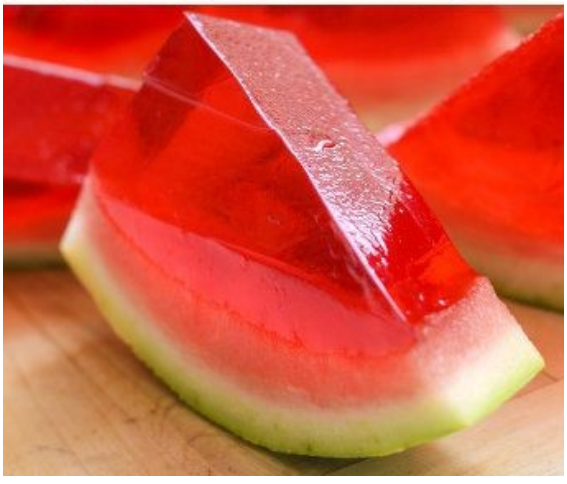


ONE GOOD
THING

Hungry Happenings



Spread yogurt on apple slices and decorate with fruit on top of the slices



Use a flowered 3 ounce Dixie cup with Humus

Consider working with your child to create some of the following to bring and share with your child's class for a healthy holiday snack for VALENTINES DAY

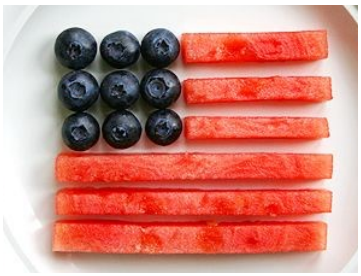
Consider working with your child to create some of the following to share with your child's class for a healthy holiday snack in the month of July in celebration of July 4th

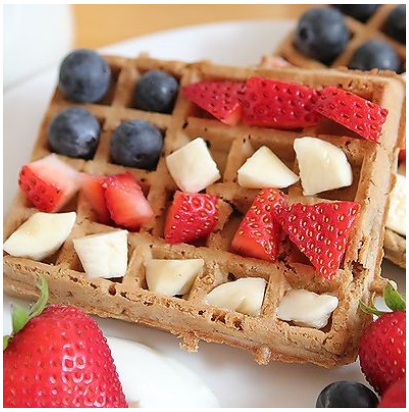
Use a pancake or rice cake with lowfat whipped topping or plain yogurt

Use a whole wheat bread with lowfat whipped topping or cream cheese

Use a graham cracker with lowfat whipped topping

or plain yogurt





Consider working with your child to create some of the following to share with your child's class for a healthy holiday snack in the month of October in celebration of Halloween

Dip bananas in yogurt and freeze

Use cream cheese and raisins

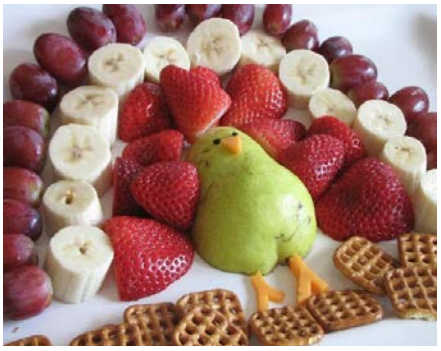
Halloween Humus

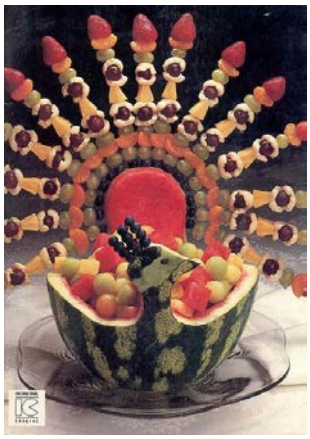
Fill with humus or cream cheese and use raisins and carrots shreds or pretzels for legs

Use cucumbers and pasta

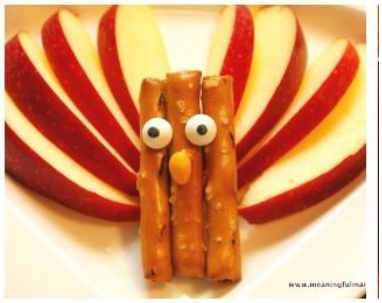
Use olives and humus or cream cheese on crackers

Consider working with your child to create some of the following to share with your child's class for a healthy holiday snack in the month of November in celebration of Thanksgiving





© Little Food Junction



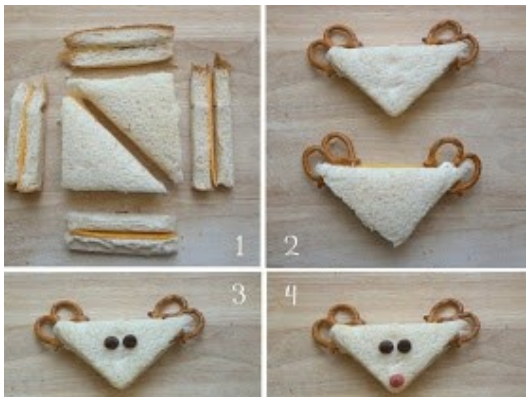
Pizza Turkeys
pre-kpages.com

Consider working with your child to create some of the following to share with your child's class for a healthy holiday snack in the month of December in celebration of winter and the winter holidays

JOY
Little Wonders' Days

Kitchen Fun
With My 3 Sons

Merry Christmas
Wishing You A Merry Christmas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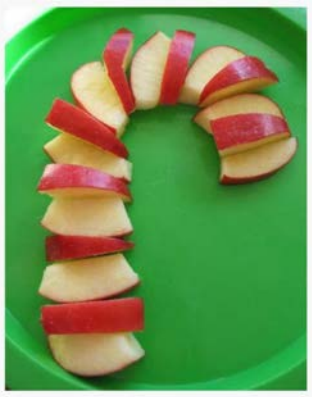


Veggie
Lodge

Use any fruit you wish, I added a little sugar because my fruit tasted a little tart, but you can leave it out or use stevia if you prefer.

Ingredients:

- 9 tbsp water
- 2 tbsp sugar
- 5 oz kiwi, peeled
- 6 oz mango, peeled
- 6 oz fresh raspberries

Directions:
Make a simple syrup by combining water and sugar in a small pot and bring to a boil; **boil** for about 4-5 minutes on medium heat. **Set aside**.

Puree fruit separately in the blender (I used my magic bullet). **Set aside** in 3 small bowls.

Divide the simple syrup between the fruit purees and mix in.

Equally **fill** four small 5 oz cups with the kiwi **puree** and place in the freezer; **freeze** one hour.

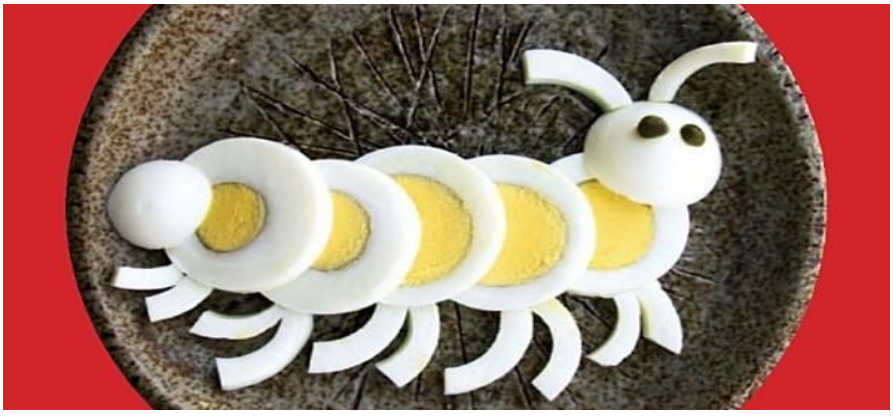
Add mango puree and freeze 20 minutes. **Insert** sticks and freeze at least 2 hours. **Add** raspberry

If you do this, please leave off the Nutella….perhaps add another fruit to the kabob like a grape!

Cut fruit of your choice in tiny pieces. Place in cup and fill with orange juice. Place stick inside and freeze. Remove cup after frozen.

Instant Strawberry Cheesecake: Whisk together 2 tablespoons softened light cream cheese or Neufchatel cheese and 1 teaspoon seedless strawberry or raspberry preserves. Spread the mixture on graham crackers and top with fresh strawberry slices or fresh raspberries.

100% fruit roll ups - 1 1/2 C fresh fruit warmed and pureed on the stove; spread thin on parchment paper and dried 5-8 hours in warm oven.



Baked Mozzarella Sticks
1 package string cheese
1 cup panko
1 cup Italian bread crumbs
1 cup flour
2 eggs
2 tablespoons milk
2 tablespoons butter
marinara or pizza sauce
Unwrap string cheese and cut in half. Put equal amounts of panko and Italian bread crumbs to a bowl and mix together. Beat together 2 eggs and a little milk with a fork. Put flour in a third bowl and roll each piece of cheese in the flour. Dip the flour coated cheese in the egg mixture and then coat with the bread crumb mixture. Place mozzarella sticks in the freezer for about 30 minutes. Remove the mozzarella sticks from the freezer and place them on a baking sheet. Melt butter and drizzle it over the mozzarella sticks. Bake at 400°F for about 8-10 minutes. Dip mozzarella sticks in marinara or pizza sauce.

Fish in the river!

Use cream cheese