Food and Celebrations

Food can be an important part of birthday celebrations, and most children love bringing in a treat from home to share with the class on their special day. Unfortunately, children and sugar is often a difficult combination, especially at school. Here are some birthday treat alternatives that will make both children and teachers happy. It should be noted that fruit, maple syrup, and honey also contain sugar and can have a similar effect on behavior as white sugar, but they also have health benefits that white sugar does not.

Frozen Treats

**Popsicles:** Freeze 100% fruit juice, or a homemade smoothie in a popcicle mold.

**Frozen yogurt-dipped berries:** Dip skewered fruit in a mixture of yogurt and honey, arrange on parchment paper, and freeze for an hour before serving.

Fruit

Fill a paper muffin liner or ice cream cone with berries and chopped up fruit. You can also use a round cookie cutter to punch out round pieces of melon. Top with real whipped cream.

Make mini fruit kabobs on toothpicks—berries, melon, mango, pineapple, and banana work well, or try making a rainbow kabob with strawberries, cantelope, pineapple, honeydew, blueberries, and red grapes.

Mini Muffins

Find a recipe for muffins that includes carrots, zucchini, blueberries, or bananas. You can replace the sugar with maple syrup or honey. Top with cream cheese and fresh berries or a decorative toothpick.

Popcorn

Help your child decorate paper cups or bags with stickers and drawings. Make homemade popcorn, and fill a bag or cup for each child.

Some tasty topping ideas:
- Herbs and sea salt
- Parmesan cheese
- Coconut oil, honey, and cinnamon
- Lime juice,
- Dried basil, garlic powder, and onion powder
- Nutritional yeast

For more great ideas, search “healthy birthday treat” on Pinterest!