

END-OF-SCHOOL PARTY

Treat Ideas

Fruit and Veggie Tray

- 1 pint pre-cut cucumbers
- 2 pints pre-cut strawberries
- 2 pints pre-cut watermelon
- 2 pints pre-cut bell peppers, various colors
- 2 pints grapes
- 2 pints carrots

Serve all fruits and veggies on a party platter. For a graduation theme, arrange the fruits and vegetables into the shape of a graduation cap or diploma. Serves 20.



“That’s a Wrap” Veggie Wraps

- 25 whole wheat tortillas
- 16 oz low-fat cream cheese
- 2 pints pre-cut cucumbers
- 2 pints pre-cut tomatoes
- 2 bags ready-to-eat lettuce or spinach
- 2 cans corn, drained and rinsed
- 2 cans beans, drained and rinsed
- 2 pints pre-cut bell peppers,
- 1 bag pre-shredded carrots

Let each student fill their own tortilla with cream cheese and assorted veggies. Serves 20.



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Treat Ideas

Frozen Yogurt Bar

7 pints frozen yogurt

Assorted toppings (enough for 25 servings):

- Toasted coconut
- Banana chips
- Peanut Butter
- Fresh berries
- Other pre-cut fruit

Allow students to make their own frozen yogurt treat. One serving of frozen yogurt should be between 2-3 ounces, or 1/3 cup. Top with assorted toppings as desired. Serves 25.



End-of-School Popcorn Cups

30 small clear plastic cups

20-30 cups machine popped corn (see recipe)

Fill with popcorn. Serves 30.

Snack ideas and recipes are original or adapted from:

1. "Host a Healthy End- Of-Year Celebration." *Action for Healthy Kids*. Game On!, n.d. Web. 6 July 2017.
http://www.actionforhealthykids.org/storage/documents/game-on/Healthy_Celebrations-End_of_Year.pdf

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Non-Food Related Activities

Class Nature Walk

Plan a nature walk either on your school campus or within your local community. Point out native plants, birds, and other wildlife along the walk.

Summer Plans Popcorn

Have students stand in a circle outside or in a classroom. Have one person hold a ball, say what their summer plans are, and then toss the ball to another student. That student will then name their summer plans. Toss the ball all around the circle until everyone has had a chance to tell the class what they're doing over summer break.

Year-in-Review Relay

Create a list of questions related to topics learned throughout the school year. Create two teams and have one student at a time from each team race to the board to answer a question and pass the "baton" (marker/chalk) to the next person in the race. Keep tally of the correctly answered questions for each team. The team with the most tallies wins the relay!

Obstacle Course

Set up an obstacle course with various stations using cones for relays, jump ropes, scooters, pogo sticks and other physical activity equipment. Use the playground too, if you can! Split students into 2-4 even teams and allow them to complete the course one team at a time. The entire team who can complete the course in the quickest time wins!

Puddle Jumping (outdoor activity only)

Give each student a cup filled with water. Have two students turn a jump rope. One at a time (while holding their cups), players must jump into the turning rope and complete six jumps. The player with the most water left in their cup wins!

Play themed games where students can earn non-food prizes:

Erasers, classroom coupons to be redeemed at a later date, books, stickers, etc.

Activity ideas adapted from:

1. "Host a Healthy End- Of-Year Celebration." *Action for Healthy Kids*. Game On!, n.d. Web. 6 July 2017. <http://www.actionforhealthykids.org/storage/documents/game-on/Healthy_Celebrations-End_of_Year.pdf>.
2. Joyce, Stephanie. *Celebrations That Support Child Health*. Alliance for a Healthier Generation. Web. 16 June 2017. <https://www.healthiergeneration.org/_asset/nvgd8g/13-6162_HSPHealthyCelebration.pdf>. 12 days
3. "Healthy School Celebrations." *Center for Science in the Public Interest*. 16 Mar. 2016. Web. 16 June 2017. <https://cspinet.org/sites/default/files/attachment/healthy_school_celebrations.pdf>.

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Grocery Checklist

Cost estimates were calculated using Bloomington Cub or Walmart prices in July 2017. Please note that prices may change over time and could be higher or lower if parents/teachers purchase ingredients from other grocery stores. Items marked with an asterisk (*) were priced at Walmart.

Fruit and Veggie Tray

- 1 pint pre-cut cucumbers, \$4.99
- 2 pints pre-cut strawberries, \$11.98
- 2 pints pre-cut watermelon, \$9.98
- 2 pints pre-cut bell peppers, various colors, \$9.98
- 2 pints grapes, \$6.00
- 2 pints carrots, \$3.00

“That’s a Wrap” Veggie Wraps

- 25 whole wheat tortillas, \$12.00
- 16 oz. low-fat cream cheese, \$4.00
- 2 pints pre-cut cucumbers, \$9.98
- 2 pints pre-cut tomatoes, \$9.98
- 2 bags ready-to-eat lettuce or spinach, \$5.00
- 2 cans corn, drained and rinsed, \$1.98
- 2 cans beans, drained and rinsed, \$1.78
- 2 pints pre-cut bell peppers, \$9.98
- 1 bag pre-shredded carrots, \$1.99

Frozen Yogurt Bar

- 7 pints frozen yogurt, \$19.17
- Assorted toppings (enough for 25 servings): (\$5-\$25, depending on toppings chosen)
 - Toasted coconut
 - Banana chips
 - Peanut Butter
 - Fresh berries
 - Other pre-cut fruit

End-of-School Popcorn Cups

- 30 small clear plastic cups, \$3.96*
- 20-30 cups machine popped corn (see recipe), \$3.69 per 100 servings if purchasing unpopped kernels from Cub Foods