

# ❄️ WINTER PARTY

## Treat Ideas

### Egg Snowmen

- 30 large hard-boiled eggs
- 30 small hard-boiled eggs
- 150 peppercorns
- 5 large carrots
- 1 skewer
- 30 pieces uncooked spaghetti pasta
- 30 sprigs fresh parsley



Peel the hard-boiled eggs. Peel the carrot and cut off the ends. Slice the carrot so that you have 6 round slices that are approximately 1/2 cm thick. Cut off the top and bottom of the eggs. Stick the BBQ skewer through the eggs to make a hole, then remove the skewer. Do the same with the round slices of carrots. Build the snowmen using the uncooked spaghetti to hold them together. Thread on one large egg, then one small egg, and a piece of carrot (hat). Snap off the extra pasta that is sticking out of the carrot. Stick the tip of the skewer in the eggs to make small holes for the eyes, nose and buttons. Place a peppercorn in each hole and a small piece of carrot for the nose. Lastly, stick a parsley sprig on the side for the broom.

### Real Fruit Candy Canes

- 15 pre-sliced apples – apple slices should be cut in half to make 1 inch long pieces
- 3 pints pre-sliced strawberries

Strawberries should be sliced into rounds, apples into 1 inch cubes. If your grocery store does not sell pre-cut fruit this way, call ahead to ask if they will cut several pints for you the way you need them done. Place fruit alternately on plate in the shape of a candy cane.

Apples should be white side up to make a candy cane pattern. Manipulate the number of the fruit pieces to make larger or smaller candy canes. Serve immediately. Will make 20 candy canes.

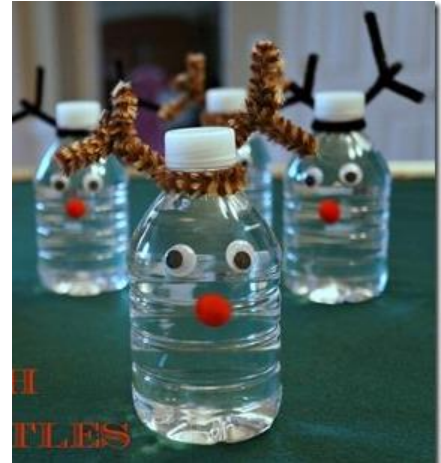


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## Reindeer Water Bottles

- Hot glue gun with glue sticks
- 50 googly eyes
- 25 red or brown fuzzy balls
- 25 miniature water bottles
- 50 5" pieces of brown pipe cleaner

Use a hot glue gun to glue 2 googly eyes and 1 red or brown fuzzy ball to each mini water bottles. Then, use 2 brown pipe cleaners to twist and create antlers around the neck of each water bottle. Makes 25 bottles.



## Snowman Popcorn Cups

- 25 small plastic cups
- 50 googly eyes
- 25 "orange carrot nose" cut outs
- 25 red scarf cutouts
- 20 cups of machine popped popcorn (see recipe)
- Hot glue gun with glue sticks

Hot glue the googly eyes, carrot nose, and scarf to each plastic cup. When cooled, fill each cup with about ¾ cup popped popcorn. Serves 25.



## Pumpkin Pie Smoothie

- 1 frozen banana
- 1 cup pumpkin puree
- 1/2 cup fat-free Greek yogurt
- 1/2 cup milk
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon vanilla extract
- Pinch of salt

Blend all ingredients together. Makes 4 kid-sized servings. Recipe can be scaled up, but be sure not to overfill the blender.



Snack ideas and recipes adapted from:

1. Beauchesne, Kerri. "Healthy Snacks for Your Winter Holiday Party." *Home Room Mom*. n.d. Web. 16 June 2017. <<https://www.homeroommom.com/post/308-healthy-festive-snacks-for-your-winter-classroom-party>>.
2. Cassie. "Healthy Pumpkin Pie Smoothie." *Wholefully*. N.p., 07 June 2017. Web. 16 June 2017. <<https://wholefully.com/healthy-pumpkin-pie-smoothie-8/>>.

# WINTER PARTY

## Non-Food Related Activities

**Host a stocking cap day** where all students can wear winter hats indoors.

**Let students cut their own snowflakes out of white paper.**

Label with names and hang from the ceiling!

**Pin the nose on the snowman** – Blindfold students one-at-a-time and let them “pin” (tape) a carrot nose on a snowman figure on a bulletin board.

**Follow the 12 Days of Fitness exercises** for 12 days leading up to the party. See the 12 Days of Fitness Handout (attached).

**Play “freeze tag.”** Begin by choosing a person to be “it.” The person who is “it” is the player who can “freeze” other players. When the game begins, everyone runs away from the person who is “it.” The one who is “it” chases after other players, trying to tag them. If a person is successfully tagged, he or she must “freeze” in place (stand still and not move). Frozen people cannot move until another moving player un-freezes them (touches them to return them to normal). The person who is “it” wins by freezing all the other players.

**Dance to festive holiday music.**

**Play themed games** where students can earn non-food prizes: erasers, classroom coupons to be redeemed at a later date, books, stickers, etc.

**Host a holiday themed parade around the school** – welcome all religions and denominations.

**Make snow globes out of baby food jars and white glitter.** Fill the jars with water until a half inch is left at the top of the jar. Add glitter. Seal the lid with a hot glue gun.

**Have students make holiday cards for nursing home residents.**

Activity ideas adapted from:

1. 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](https://www.healthiergeneration.org/_asset/nvgd8g/13-6162_HSPHealthyCelebration.pdf)>.12 days
2. "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](https://cspinet.org/sites/default/files/attachment/healthy_school_celebrations.pdf)>.
3. "12 Days of Fitness." *Action for Healthy Kids. Game On*. N.d. Web. 15 June 2017. [http://www.actionforhealthykids.org/storage/documents/game-on/12\\_Days\\_of\\_Fitness\\_Final.pdf](http://www.actionforhealthykids.org/storage/documents/game-on/12_Days_of_Fitness_Final.pdf)

# WINTER PARTY

## Grocery Checklist

Cost estimates were calculated using Bloomington Cub and 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 the Bloomington Walmart.

### Egg Snowmen — Serves 30

- 30 large hard-boiled eggs, \$2.59
- 30 small hard-boiled eggs, \$2.59
- 150 peppercorns, \$4.49
- 5 large carrots, \$3.00
- 1 skewer, \$0.10
- 30 pieces uncooked spaghetti pasta, \$1.29
- 30 sprigs fresh parsley, \$4.00

### Real Fruit Candy Canes — Serves 20+ depending on length of candy cane.

- 15 pre-sliced apples – apple slices should be cut in half to make 1 inch long pieces, \$3.99
- 3 pints pre-sliced strawberries, \$17.97

### Reindeer Water Bottles — Serves 25

- Hot glue gun with glue sticks, \$9.19\*
- 50 googly eyes, \$4.00\*
- 25 red or brown fuzzy craft pom poms, \$3.05\*
- 25 miniature water bottles, \$4.36\*
- 50 5" pieces of brown pipe cleaner, \$1.97\*

### Snowman Popcorn Cups — Serves 25

- 25 small plastic cups, \$3.96\*
- 50 googly eyes, \$4.00\*
- 25 “orange carrot nose” cut outs, \$0.25\*
- 25 red scarf cutouts, \$0.50\*
- 20 cups of machine popped popcorn (see recipe), \$3.69 per 100 servings if purchasing unpopped kernels from Cub
- Hot glue gun with glue sticks, \$9.19\*

# WINTER PARTY

## Grocery Checklist

**Pumpkin Pie Smoothie – Serves 4.** Scale up if needed. Do not overload blender.

- 1 frozen banana, \$0.30
- 1 cup pumpkin puree, \$1.50
- 1/2 cup fat-free Greek yogurt, \$3.79 per 32 oz.
- 1/2 cup milk, \$1.69 per quart
- 1 teaspoon pumpkin pie spice, \$3.99 per small container (contains ~10 tsp)
- 1/2 teaspoon vanilla extract, \$3.99 per small container (contains ~10 tsp)
- Pinch of salt
- Blender, \$20-\$40\*