

VALENTINE'S DAY 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
- Whole grain pretzels – traditional pretzel shape

Serve all fruits and veggies on a party platter with pretzels. To create a more festive treat, ask your local grocer if they can cut the fruit and vegetables into heart shapes at the grocery store. Serves 20.



Fruit Pops

- 1 pint pre-cut seedless watermelon
- 1 pint pre-cut strawberries
- 1 pint pre-cut cantaloupe
- 1 pint pre-cut honeydew
- 30 popsicle sticks

Alternate skewering the 4 fruits on the 30 popsicle sticks. Vary the number of fruit pieces per stick to manipulate the number of servings. Amount dictated above serves 20-25 students. To create a more festive treat, ask your local grocer if they could cut the fruit into heart shapes at the grocery store.



Whole Grain Crackers with Heart Shaped Cheese Slices

- 2 boxes whole wheat crackers
- 3 packages reduced-fat cheddar cheese slices (8-10 per package)
- One 1" heart-shaped cookie cutter

Using the cookie cutter, cut heart-shaped pieces out of each cheese slice. Arrange the crackers on a tray and put one cheese heart on each cracker. One serving size is 4 crackers. Serves 30 students.



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Love Potion Smoothies

- 3 Bags frozen strawberries
- 32 oz. plain yogurt
- Ice cubes
- 1 Quart 100% Orange Juice
- Blender

Blend all ingredients, being cautious not to overfill the blender. It will be necessary to blend this in batches. Makes 30 3-4 oz. servings. Use cherries or raspberries in place of strawberries if desired.



Valentine's Day Popcorn Cups

- 30 small clear plastic cups
- 30 red or pink heart cutouts
- Hot glue gun with glue sticks
- 20-30 cups machine popped corn (see recipe)

Hot glue the heart cutouts to the cups. When cooled, fill with popcorn. Serves 30.

Snack ideas and recipes adapted from:

1. Lacy. "20 Healthy Snacks for Your Kid's Valentine's Day Party." *Organic Authority*. N.p., 12 Feb. 2013. Web. 23 June 2017. <<http://www.organicauthority.com/kids/healthy-kids-snacks-for-valentines-day-party.html>>.
2. "Game On! Healthy Valentine's Day Celebrations." *Action for Healthy Kids*. Every Kid Healthy, 2015. Web. 23 June 2017. <http://www.actionforhealthykids.org/storage/Healthy_VDay_Treats_-_February_2015.pdf>.
3. "Healthy Valentine's Day at School." *Action for Healthy Kids*. Every Kid Healthy. Web. 23 June 2017. <http://www.actionforhealthykids.org/storage/documents/game-on/Healthy_Celebrations-Valentines_Day_FINAL.pdf>.

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Non-Food Related Activities

Exercise Valentines

Allow students to create Valentine cards with directions of their favorite exercise written on the back. They may draw a picture to match. Have students share their Valentine card with another student and have fun performing the exercises.

Feel the Beat

Teach students how to measure their heart rates. Have them measure their heart rates at rest and after they complete exercises such as running or jumping jacks.

Heart Stomp

Every child begins by **standing** on a paper heart that has been taped to the floor. Start the music and have the children walk, dance, or jump around the room. When the music stops they need to stand on a heart. To keep kids from being excluded, allow them to share hearts as you remove a heart for each round. By the end of the game, all the kids have to squeeze onto one spot.

Catch My Heart

You'll need a red ball or a heart shaped bean bag. Have student's stand in a circle. The first student starts by saying another student's name and gently tossing the ball to them. The player whose name was called catches the ball and then announces another player's name and throws it to them. Continue this until all the players get a chance throwing and catching the ball. Once everyone's feeling confident, throw a second ball into the mix. Now they must keep two balls going without dropping either one. Again, once they get the hang of that, throw a third ball into the game. And a fourth, if they can handle it. Have the players see how long they can keep the balls in the air. Start a new round once a ball drops.

Steal My Heart

Divide your class into two teams, each with their own heart or red ball. Students then hide their heart somewhere on the playground. The goal is to find the opposing heart and bring to your team's side. If one student carrying the heart is tagged by an opposing student, he is sent to a designated area where a friendly tag from his own teammates rescues him. The first team to get the opposing team's heart onto their side wins.

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Non-Food Related Activities

Pin the Heart on the Person

Blindfold students one-at-a-time and let them “pin” (tape) a heart on the chest of a person-shaped cutout on a bulletin board. The teacher can decide if they want to use an anatomically correct heart or a classic Valentine’s Day cutout.

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. "Healthy Valentine's Day at School." *Action for Healthy Kids*. Every Kid Healthy. Web. 23 June 2017. <http://www.actionforhealthykids.org/storage/documents/game-on/Healthy_Celebrations-Valentines_Day_FINAL.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>.
4. "Healthy School Celebrations." *Action for Healthy Kids*. University of Colorado Health, n.d. Web. 23 June 2017. <<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/partner-resource-pdfs/healthypartyguide-cando.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. Ingredients marked with an asterisk (*) were priced at the Bloomington Walmart.

Fruit and Veggie Tray – Serves 20

- 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
- Whole grain pretzels – traditional pretzel shape, \$3.19

Heart-Shaped Fruit Pops – Serves 20-25

- 1 pint pre-cut seedless watermelon, \$4.99
- 1 pint pre-cut strawberries, \$5.99
- 1 pint pre-cut cantaloupe, \$4.99
- 1 pint pre-cut honeydew, \$4.99
- 30 popsicle sticks, \$1.49

Whole Grain Crackers with Heart-Shaped Cheese Slices

- 2 boxes whole wheat crackers, \$4.98
- 3 packages reduced-fat cheddar cheese slices (8-10 per package), \$4.29
- One 1" heart-shaped cookie cutter, \$4.99*

Love Potion Smoothies

- 3 Bags frozen strawberries, \$9.90
- 32 oz. plain yogurt, \$5.99
- Ice cubes
- 1 Quart 100% Orange Juice, \$4.49
- Blender, \$20-\$40*

Valentine's Day Popcorn Cups

- 30 small clear plastic cups, \$3.96*
- 30 red or pink heart cutouts (from construction paper), \$0.50*
- Hot glue gun with glue sticks, \$9.19*
- 20-30 cups machine popped corn (see recipe), \$3.69/100 cups if purchasing a container of kernels at Cub