



Footsteps Child Care, Inc. Birthday Celebration Policy

September 2013

Dear Footsteps Families,

To promote wellness and foster healthy eating habits among Footsteps Child Care, Inc. children, is informing you of our Birthday Celebration Policy. This is an effort to join with the Belmont-Redwood Shores School District and Get Healthy San Mateo to implement Healthy Food Guidelines to focus on childhood nutrition, health and wellness, and obesity prevention.

Birthday Celebrations are held once a month. All children with a birthday during a given month will celebrate on the same day. Celebration Dates for the year:

September	Friday 9/26	February	Friday 2/28
October	Friday 10/25	March	Friday 3/28
November	Friday 11/22	April	Friday 4/18
December	Friday 12/20	May	Friday 5/30
January	Friday 1/31	June	Friday 6/20

We have attached a list of healthy, affordable food choices for snacks and parties, along with some non-food party ideas. We have also included simple child-friendly recipes. Some nutritional guidelines we follow:

- Beverages should be low in sugar content and if they have calories, contain some nutritional value.
Suggestions: Water, Sparkling Water (unsweetened), fat-free or 1% milk, or 100% fruit juice
- Foods – should have
 - 1) 30 percent or less of its total calories from fat (excluding seeds, nuts, and eggs)
 - 2) 10 percent or less of its total calories from saturated plus trans fat (excluding eggs)
 - 3) No more than 35% total sugar by weight

You always have the option to celebrate your child's birthday on their actual day by bringing in a healthy birthday snack or choosing a non-food birthday option. Please let your Site Director know in advance of your child's birthday.

Thank you for helping us! If you have any questions about your child's birthday celebration, please speak to your Site Director.

Healthier Birthday Treats (or Healthier Options) – Child-Size Portions Please!

Recipe Resource Websites:

<http://www.mayoclinic.com/health/healthy-dessert-recipes/RE00090>

<http://www.letsmove.gov/sites/letsmove.gov/files/pdfs/ChopchopLet%27sMove.pdf>

- 100% fruit popsicles/fruit bars
- Fruit Kebobs: Cut fruit into interesting shapes, let children put the fruit onto skewers with a few marshmallows, or make fruit and cheese kabobs
- Whole grain crackers or pita with cheese or hummus spread
- Fruit trays
- Popcorn, lowfat
- Bananas and strawberries drizzled with chocolate syrup
- Veggies and low fat dip
- Angel food cake with fruit
- Applesauce
- Apple slices with yogurt dip
- Fruit cups - individual pack, light syrup
- Graham crackers with jam or apple butter
- ‘Make your own’ yogurt parfait with fat-free yogurt, low-fat granola, and fresh berries
- Frozen Banana Krispie Treats: Cut a banana in half. Put a Popsicle stick in the banana and smear with low-fat vanilla yogurt. Roll in rice krispies, freeze
- Fresh fruit topped with low-fat whipped cream
- Waffle with fruit and chocolate syrup
- Low-fat pudding with low-fat whipped cream
- Create a trail mix: Let each child choose their own mixture of whole grain pretzels, multi-grain chex, and dried fruit
- Baked apples with cinnamon
- Sorbet
- Orange frizzes: Mix chilled orange juice with carbonated water and a scoop of sorbet
- One scoop of low-fat ice cream with sprinkles
- Jell-o topped with low-fat whipped cream
- Baked tortilla chips with salsa
- Homemade low-fat rice krispie treats
- Tube yogurt
- Baked tortilla chips with guacamole
- One scoop of fat free ice cream in a wafer cone
- Pretzels (whole grain, low-salt)
- Bagels (whole grain) and low-fat cream cheese
- Graham Crackers – individual packages
- 100% Natural Fruit Strips
- Tortilla Roll-Ups – meat and cheese, cream cheese and salsa – cut into finger sized pieces
- Whole grain and fruit/vegetable muffins and breads

Non-Food Birthday Celebration Options

- Allow the birthday child to choose an active activity or game. The birthday child's parents are welcome to participate.
- Craft project: Bring in supplies so each child can make a birthday card for the birthday child.
- Craft project: Decorate a balloon with stickers and glitter. Children take their creation home.
- Bring in a large balloon bouquet and let each child pick a balloon to take home.
- Parent reads selected book of choice to the group.
- Create a birthday book for child; the other children create a special page about the birthday child.
- Provide goodie bags with stickers, pencils, pens, school supplies, crayons, noise makers etc.
- Arrange a scavenger hunt with small non-food gifts for each child.
- Decorate a birthday crown.
- Bring in coloring books for each student. Have each child color a page from their book, then hang up the masterpieces, and have a 'gallery showing'.
- Bring in small fun activity gifts for the children, i.e. jump ropes, mini-Frisbees, waffle balls, bubbles, washable tattoos, stickers, matchbox cars, yo-yos, coloring crayons/pens/pencils, and notepads. Allow time for the children to play with their new gift.
- Give each child elastic bracelets with birthday child's name stamped on it.
- Donate and book or game in honor of the birthday child.