



6715 Cipriano Road, Lanham- Maryland 20706 *301-552-5437 * 301-552-7565 fax *www.thembaclc.com

Healthy Foods For Celebrations Policy revised 8/19/13

Please help us encourage lifelong healthy habits among our children. We encourage parents to join us for their child's birthday or other special occasions.

Typically, foods for celebration include cupcakes, candy, cookies and other "treats" that have a large amount of sugar, calories and fat. There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception.

Please submit this form to the classroom teacher one week before your child's birthday party. All parties must start by 3:30pm and end by 4:30pm. Themba does not allow balloons since they are a major cause for choking in young children, **home cooked food, cakes/cupcakes or unhealthy snacks are also prohibited.**

The following is a list of alternatives our facility will allow for celebrations/special occasions that promote and reinforce good nutrition.

Please check all items you may bring to the party.

| | |
|--------------------------|-----------------------------------|
| 100% Juice boxes | Crackers |
| Tortilla chips and salsa | Flavored Milk |
| Yogurt | Cheese Pizza Only |
| Fruit Muffins | Crackers with cheese |
| Fruit Smoothies | Mozzarella string cheese pack |
| Dried Fruit | Decorations/paper products Goodie |
| Favors | Bags/No Candy |
| Pretzels | Entertainment Name |
| Fresh Fruit/Vegetable | Other |
| Animal Crackers | |

** If you would like something other than the items listed above please speak with the director for approval. Submit to the teacher 2 weeks prior to the event.

Child's Name _____ Date of Party _____

Parent's Signature _____ Limit two outside guest _____

Teacher's Signature _____ Director's Signature _____



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Guidelines for Healthy Celebrations

Please help us encourage lifelong healthy habits among our children. We encourage parents to join us for their child's birthday or other special occasions.

Our facility will only allow healthy foods for celebrations. If you feel that you want to provide "treats" for a special celebration here is a list of non-food suggestions:

| | |
|------------------------|--------------------|
| Stickers | Decorative pencils |
| Little toys | Party hats/Favors |
| Erasers | Bubbles |
| Finger/hand puppets | Whistles |
| Glow in the dark items | Rubber |
| stamps | |
| Party Favors | Fake Tattoos |
| Fake teeth | Toothbrushes |

Before bringing items to the facility, make sure the items you wish to bring are approved and age appropriate for the celebrating group.

Depending on the size and the number of children in your child's class, providing treats or gifts to all the children could become costly. Here are a couple of low-cost, easy ideas that will give your child a memorable experience on their special day:

- △ Decorate your child's classroom. Example: A banner with the child's name and "Happy Birthday." This will make your child feel special during the celebration/special occasion without adding unneeded fat and sugar in the diet.
- △ Take time to have a meal with your child at the center. This gives your child personal attention.
- △ Buy or supply a special book to be read during the day. Make it even more special by coming to your child's class to read the story.
- △ Plan and provide a special craft project for your child's class.