

FORWARD CORNER

December is Celebrate Healthy Month

Happy Holidays! If we're not careful, holiday celebrations can derail our healthy living activities and send the wrong message to children and families. To help reinforce healthy-eating strategies, FORWARD DUPAGE is pleased to designate December as *Celebrate Healthy* Month. This year, FORWARD encourages early childhood staff to resist the urge (and tradition) of asking families to sign up to bring party foods (pizza, chips, cupcakes, cookies, candy, juice or fruit drinks and goodie bags). Instead ask for cups, plates, holiday favors, and healthier snack items like red and green fruits and vegetables. Or ask for ingredients to make these holiday treats with/for the children.

Pita Christmas Trees: click [here](#)

Santa Pancakes: click [here](#)

Santa with Bananas and Strawberries: click [here](#)

Cucumber Christmas Tree: click [here](#)

25 Healthy Holiday Snacks: click [here](#)

For the December holidays and beyond, click here for FORWARD DuPage *Celebrate Healthy* tips:

[December is Celebrate Healthy Month](#)

[Celebrate Healthy, Tip Sheet](#)

Most early childhood sites take responsibility for educating families and sharing information on health, nutrition and physical activity. This is a great time to encourage families to *celebrate healthy*. Check out these two excellent resources. Download, print and post them for families to read and adopt.

[Healthy Holiday Foods and Fun](#)

[Make Healthier Holiday Choices](#)

For information on healthy eating and activity initiatives in DuPage, check out www.forwarddupage.org

For more early childhood healthy resources for families click [here](#)