

PARTY TIME

There are special times of the year when teachers may wish to hold a celebration or special event, for example end of year class parties, graduations, Easter and Christmas. These occasions are a great way to build camaraderie between students and celebrate a milestone or achievement. They also present an excellent opportunity to reinforce healthy eating messages taught during the year.

Food and drinks provided by teachers must comply with the Department of Education's *Healthy Food and Drink* (HFD) policy. This means teachers must not provide any red items e.g. lollies, chocolates, soft drinks or chips. If parents are providing items, create a checklist with healthy suggestions for them to choose from (this way you avoid receiving 10 packets of crisps). See the **teacher checklist** for further information on how teachers can support the HFD policy.

Red food and drinks are not needed to make a party festive. Focus on games, fun food preparation and decorations to make the event a success. Don't forget to involve the students, ask them for healthy suggestions.

Tip:
Contact the school canteen and ask if they will provide catering for your celebration.

Party food

- ★ Air popped popcorn (prepare in class - the smell is mouthwatering)
- ★ Toasted pita bread
- ★ MYO pizza in the classroom with a buffet style selection of fresh vegetables and lean meats (ask parents to donate their portable pizza ovens for the day)
- ★ Subway rolls
- ★ Colourful fruit kebabs
- ★ 99% fruit juice icy poles
- ★ Reduced fat ice cream in cones dipped in Milo or coconut coloured with food colouring.



Party drinks

- ★ Water
- ★ Sparking 99% fruit juice
- ★ Smoothies made with reduced fat milk, yoghurt, a selection of seasonal fruit and ice (ask for parents to donate their blenders for the day)
- ★ Make large jugs or small individual jars of punch: add fresh mint and fruit to plain or sparkling water.