



## **HEALTHY BIRTHDAY TREAT ALTERNATIVES**

### **SNACKS**

FRESH FRUIT: APPLES, BANANAS, ORANGES

VEGETABLES: MINI CARROTS, CELERY WITH LOW FAT DIP

GRANOLA BARS WITHOUT NUTS

LOWFAT STRING CHEESE

POPCORN OR PRETZELS IN DECORATIVE BAGS

FRUIT BARS

RICE CAKES

ANIMAL CRACKERS, GRAHAM CRACKERS OR VANILLA WAFERS

100 CALORIE SNACK PACKS

RAISINS

100% JUICE BOXES

### **NON FOOD ITEMS**

PENCILS, ERASERS, FOLDERS

SMALL TOYS OR BOOKS

BOOKMARKS

STICKERS