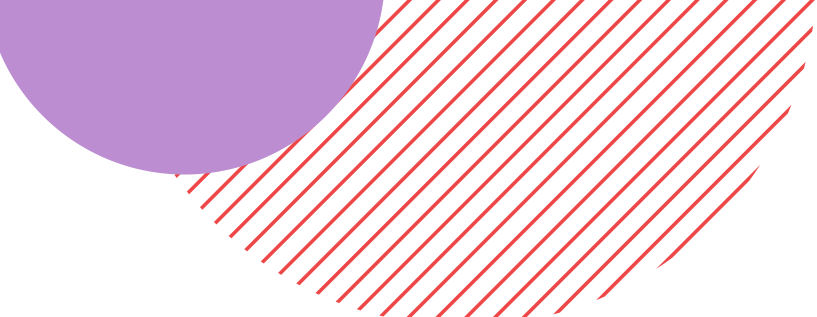


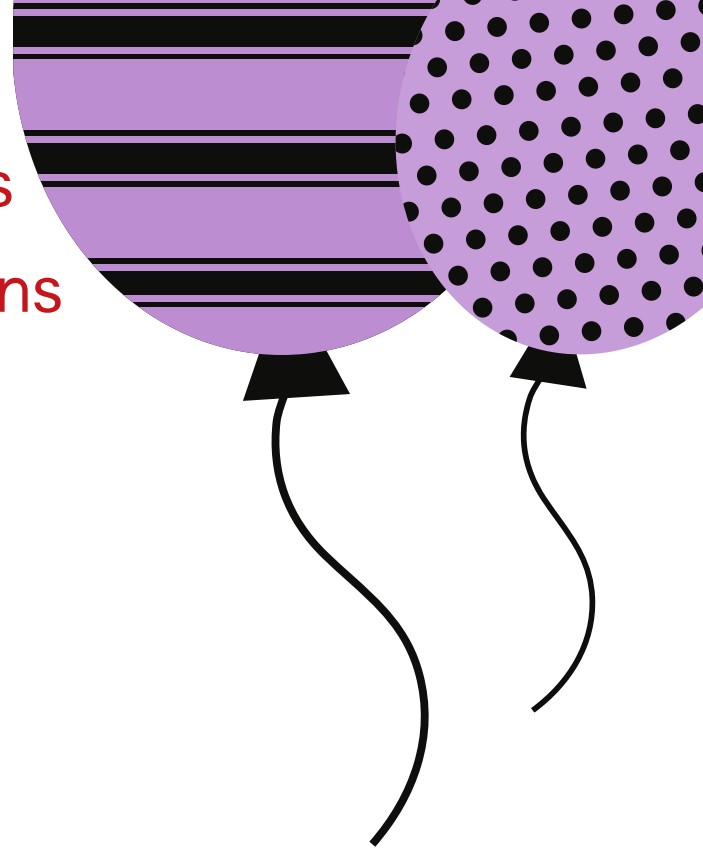


A THINKING MOM'S GUIDE TO

NON
FOOD
BIRTHDAY
TREATS

from KitchenStewardship.com

Fun Non-Food Gifts for Kids School Birthday Celebrations



GOODIE BAG IDEAS:

- Bouncy Balls
- Seed Packets
- Temporary Tattoos
- Bubbles
- Twisty Straws
- Mini Rubik's Cubes or Little Puzzles
- Play-Doh
- Emoji Keychains
- Slap Bracelets
- Punching Balloons
- Superhero Masks or Animal Masks
- Stickers
- Mini Building Block Animals
- Silly Putty
- Bookmarks
- School Supplies: fun pencils, bendy pencils, erasers (or these emoji erasers), bookmarks, gel pens, cute sticky notes, multi-color pens, etc.

Fun Activities for a Child's Birthday at School

Bring in a favorite book for the teacher to read to the class.

For younger grades with picture books; be sure to get permission from the teacher first, although most teachers would probably rather spend 10 minutes reading than 15 minutes passing out napkins and cleaning up crumbs!

A "special guest" reads a favorite book to the class.

Again, be sure to ask the teacher if this is ok.

Pajama or hat day just for the birthday kid!

This one needs some teacher interaction and approval but is a nice easy one for everybody!

Special party napkins or hats for the normal "snack time" in the classroom.

Decorate the child's locker or cubby.

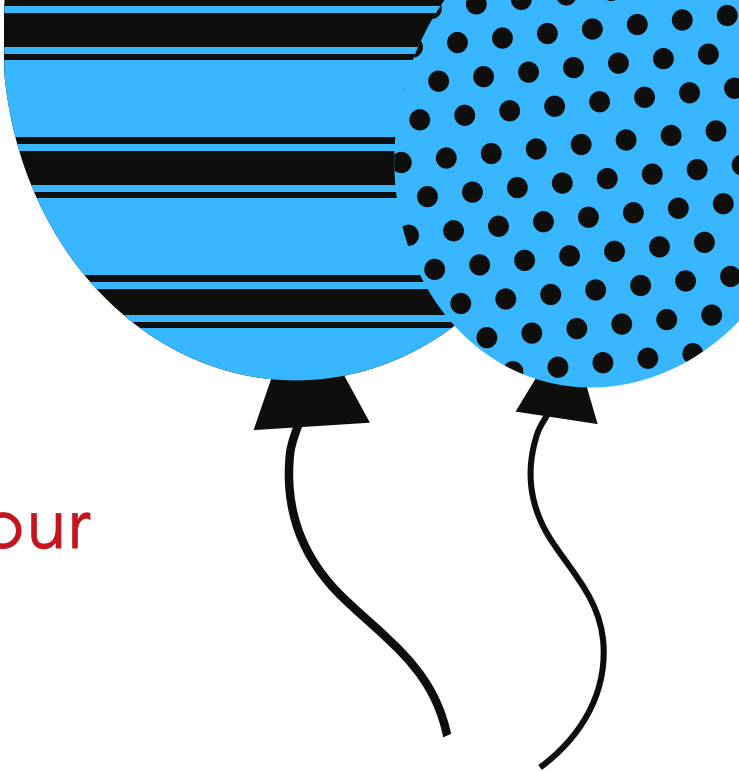
Get permission from the teacher first, please.

Bring in a special game everyone can play at the end of the day.

Teacher approval needed, but again, I would hope most teachers would rather do this than serve junk food?

Birthday kid shares some special memories or toy with the class (public speaking practice!)

Communicate with the teacher — which you should be doing anyway if you're sending in 24 cupcakes or 24 cheese sticks for the class...



“Give Back” for Your Child’s Birthday

- Donate a book to the media center or classroom. Write your child’s name and birthday in the front cover to make it special.
- Donate something to the classroom from the teacher’s ongoing “needs” list. Rather than giving a “gift” of junk food to all the kids, give a real gift to the entire classroom that lasts a lot longer!
- Donate to a favorite charity and tell the class about it
- In our community we support *Kids Food Basket* which provides sack suppers for thousands of children who are food insecure. Classrooms can decorate the bags used to send these life-saving meals home! Ask classmates to bring in a canned good or article of clothing to donate to a local community center or food bank.

**Thanks for being willing to make a difference,
no matter how small!**

**As more parents set the example that we don't
need to saturate our kids with sugar, junk food,
and poor eating/celebratory habits, the
pendulum WILL start to shift! And YOU are part
of the movement!**

**Be sure to read all about WHY avoiding food for every birthday
treat and celebration is important at
kitchenstewardship.com/school-birthday-treats**

I'm on your team!



*-XOXO-
Mrs. Kimball*