

## Simpson, Kim - Principal

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**From:** Monica Smith [monica.smith@nkyhealth.org]  
**Sent:** Wednesday, December 21, 2011 4:42 PM  
**To:** monica.smith@nkyhealth.org  
**Subject:** Serving Fruit at Children's Classroom Parties Can Cut Calorie Intake  
**Attachments:** alafhk-healthy-school-parties.pdf

Hi Principals & School nurses - FYI. I thought this little snippet below might be helpful to some of you to either send to your Parent e-newsletters or add to your birthday party information, etc. to help encourage some healthier foods for your students' birthday parties and to help educate parents why your school has chosen to encourage it or make it a policy (if it has).

### 9. Serving Fruit at Children's Classroom Parties Can Cut Calorie Intake (WebMD, November 18, 2011)

A study of four classroom birthday parties, published in the Journal of Nutrition, Education and Behavior, suggests that children's calorie intake at school birthday and holiday parties can be cut by serving fruit. More schools are banning baked goods from children's classroom parties as a way of reducing childhood obesity. Kids can eat as much as a third of their daily calorie needs at these parties. **"No one wants to be the Grinch who stole cupcakes,"** said David L. Katz, MD, MPH, director of the Yale University Prevention Research Center. **"But consider that there are multiple holidays every year, and every kids in a class has a birthday. If every one of those celebrations is an opportunity for caloric overload, it adds up to real trouble."** Katz was not involved in the study. "I don't want to become the birthday party police, but I think this research is a great tool" to help bring healthy alternatives to these celebrations, said Deborah Beauvais, RD, a spokeswoman for the American Dietetic Association.

Please see attached handout as well for some additional ideas of fun alternatives for birthday party / holiday celebration's.

Hope this is helpful. Happy Holidays.

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