



Celebrations without Food

Greetings Families and Caregivers

We are committed to supporting a healthy environment where the healthy choice is the easy choice. We are hosting celebrations without food. Birthday parties and holidays are a perfect time to celebrate with activity and play!

Please do not send in a sugary treat for your child's birthday. Let's celebrate their special day in a different and healthy way.

Ideas to consider:

- **Dance Party:** Send in your child's favorite music and we'll lead the class in a fun, active dance party in honor of your child.
- **Birthday Library:** Donate your child's favorite book to the classroom library. We'll read it together and all the children can sign it.
- **Games or Crafts:** Reach out to us in advance to bring in a game or craft to be completed in honor of your child.

We partner with Let's Go!, an obesity prevention initiative for children and adults that focuses on healthy eating and active living. Let's Go! works with community partners to display healthy messaging and create environments that support healthy choices where people live, learn, work, and play.

For more information about on how Let's Go! can support families, visit LetsGo.org/families. Thank you for supporting our commitment to creating a healthy environment!