Dear Parents and Families,

We’re having a party to celebrate ________________________________________________________!
Date: ________________ Time: ________________ Number of Kids: ________________

Please sign up for one of the choices below to indicate what you will bring or send in.

**Fruit item**
(Ideas: fruit kabobs, fruit salad, whole fruit, cut fruit, dried fruit, fruit smoothie)
Name: __________________________
Name: __________________________

**Vegetable item**
(Ideas: veggie platter with dressing or hummus, veggie kabobs, carrot sticks, pepper slices)
Name: __________________________
Name: __________________________

**Whole-grain item**
(Ideas: whole-grain pretzels with mustard dip, mini whole-grain bagels with cream cheese, whole-grain pasta salad)
Name: __________________________
Name: __________________________

**Protein item**
(Ideas: yogurt, cottage cheese, string cheese, bean salad, hummus with crackers)
Name: __________________________
Name: __________________________

**Healthy drink**
(Please choose from: water, seltzer, water infused with fruit, milk)
Name: __________________________
Name: __________________________

**Paper Plates**
Name: __________________________

**Cups**
Name: __________________________

**A craft you will lead the group in**
Name: __________________________

**A game you will lead the group in**
Name: __________________________

Thank you for helping us make our program’s celebrations healthier and more fun!