

Healthy

Birthday Treats

perfect for schools and parties

Non-Food Ideas

- Expandable washcloths
- Stickers
- pencils or pens
- Erasers
- Mini notepads
- Silly putty or playdough
- Bubbles
- Jump rope
- Sidewalk chalk
- Kid's book
- Mini craft
- Snap bracelets
- Mini slinky



Food Ideas:

- Fresh fruit
- Raisins, or dried fruit
- Unsweetened applesauce pouch
- Fresh vegetables with dip
- Individually wrapped string cheese
- Whole grain fig bar
- Mini bottle of water
- Individually wrapped whole grain crackers
- Plain popcorn, unsalted

