



GRADUATION DAY PARTY

Treat Ideas

Fruit and Veggie Tray

- 1 pint pre-cut cucumbers
- 2 pints pre-cut strawberries
- 2 pints pre-cut watermelon
- 2 pints pre-cut bell peppers, various colors
- 2 pints grapes
- 2 pints carrots

Serve all fruits and veggies on a party platter. For a graduation theme, arrange the fruits and vegetables into the shape of a graduation cap or diploma. Serves 20.



Pretzel Diplomas

- 2 large bags whole grain pretzel sticks
- 8 feet thin black ribbon - be sure to purchase ribbon that does not fray or lose color onto other objects

Gather 5-6 pretzels in a small bundle. Tie 3 inches of black ribbon around each bundle to make a small diploma-like treat. Serves 20-25 students.

Graduation Day Fruit or Yogurt Cups

- 25 applesauce OR fruit cups, packed in 100% fruit juice
- 25 2 ½ inch by 2 ½ inch squares of construction paper (black or your school color)
- 50 googly eyes
- 25 4 inch pieces of string
- 25 small buttons
- Hot glue gun with glue sticks
- 25 spoons



Glue two eyes to each cup. Separately, glue one button in the center of each construction paper “cap.” Wrap a piece of string around each button and secure with glue. Glue the completed cap to the bottom of the fruit cup. Serves 25. This snack can also be created with single-serving yogurt cups. Be sure to purchase non-fat yogurt in simple flavors like strawberry or vanilla.



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Treat Ideas

Graduation Day Popcorn Cups

- 25 small buttons
- 25 2 ½ inch by 2 ½ inch squares of construction paper (black or your school color)
- 25 4 inch pieces of string
- Hot glue gun with glue sticks
- 25 small clear plastic cups
- 20-30 cups machine popped corn (see recipe)

Glue one button in the center of each construction paper “cap.” Wrap a piece of string around each button and secure with glue. Glue the completed cap to one side of the rim of the plastic cups, creating a lid with the graduation cap that is only sealed on one side. When cooled, fill each cup with popcorn. Serves 25.

Turkey Diplomas

- 25 deli slices of turkey (≤ 1 oz. each)
- 8 feet thin black ribbon - be sure to purchase ribbon that does not fray or lose color onto other objects

Roll each slice of turkey into a diploma shape. Tie with 3-4 inches of ribbon. Serves 25.



Snack ideas and recipes are original or were adapted from:

1. "Game On! Healthy Graduation Celebrations." *Action for Healthy Kids*. Game On!, n.d. Web. 3 July 2017. <http://www.actionforhealthykids.org/storage/Healthy_Graduations_-_June_2015.pdf>.



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Non-Food Related Activities

Exercise Diplomas

Provide paper for the students. Allow them to write their favorite exercise on the paper and roll it up like a diploma. They may draw a picture to match. Have students share their diploma with the class and have fun performing the exercises.

Pomp and Circumstance Walk

Every child begins by standing on a graduation cap cutout that has been taped to the floor. Start the music and have the children walk, dance, or jump around the room. When the music stops they need to stand on a cap. To keep kids from being excluded, allow them to share caps as you remove one for each round. By the end of the game, all the kids have to squeeze onto one spot.

Steal the Cap

Divide your class into two teams, each with their own “graduation cap” (made by taping a construction paper hat to a ball). Students then hide their cap somewhere on the playground. The goal is to find the opposing cap and bring to your team’s side. If one student carrying the cap is tagged by an opposing student, he/she is sent to a designated area where a friendly tag from his own teammates rescues him/her. The first team to get the opposing team’s cap onto their side wins.

Pin the cap and diploma on the graduate

Blindfold students one-at-a-time and let them “pin” (tape) a cap or diploma on the outline of a graduate on a bulletin board.

Play themed games where students can earn non-food prizes:

Erasers, classroom coupons to be redeemed at a later date, books, stickers, etc.

Activity ideas adapted from:

1. "Healthy Valentine's Day at School." *Action for Healthy Kids*. Every Kid Healthy. Web. 23 June 2017. <http://www.actionforhealthykids.org/storage/documents/game-on/Healthy_Celebrations-Valentines_Day_FINAL.pdf>.
2. Joyce, Stephanie. *Celebrations That Support Child Health*. Alliance for a Healthier Generation. Web. 16 June 2017. <https://www.healthiergeneration.org/_asset/nvgd8g/13-6162_HSPHealthyCelebration.pdf>. 12 days
3. "Healthy School Celebrations." *Center for Science in the Public Interest*. 16 Mar. 2016. Web. 16 June 2017. <https://cspinet.org/sites/default/files/attachment/healthy_school_celebrations.pdf>.
4. "Healthy School Celebrations." *Action for Healthy Kids*. University of Colorado Health, n.d. Web. 23 June 2017. <<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/partner-resource-pdfs/healthypartyguide-cando.pdf>>.



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Grocery Checklist

Cost estimates were calculated using Bloomington Cub or Walmart prices in July 2017. Please note that prices may change over time and could be higher or lower if parents/teachers purchase ingredients from other grocery stores. Items marked with an asterisk (*) were priced at the Bloomington Walmart.

Fruit and Veggie Tray – Serves 20

- 1 pint pre-cut cucumbers, \$4.99
- 2 pints pre-cut strawberries, \$11.98
- 2 pints pre-cut watermelon, \$9.98
- 2 pints pre-cut bell peppers, various colors, \$9.98
- 2 pints grapes, \$6.00
- 2 pints carrots, \$3.00

Pretzel Diplomas

- 2 large bags whole grain pretzel sticks, \$6.38
- 8 feet thin black ribbon - be sure to purchase ribbon that does not fray or lose color onto other objects, \$2.00*

Graduation Day Fruit or Yogurt Cups

- 25 applesauce OR fruit cups, packed in 100% fruit juice (see alternative option below), \$9.30 for applesauce OR \$19.14 for fruit cups
- 25 2 ½ inch by 2 ½ inch squares of construction paper (black or your school color), \$1.00*
- 50 googly eyes, \$4.00*
- 25 4 inch pieces of string, \$5.82*
- 25 small buttons, \$7.29*
- Hot glue gun with glue sticks, \$9.19*
- 25 spoons, \$2.84
- ALTERNATIVE: 25 Non-Fat Strawberry or Vanilla Yogurt Cups, \$24.95

Graduation Day Popcorn Cups

- 25 small buttons, \$7.29*
- 25 2 ½ inch by 2 ½ inch squares of construction paper (black or your school color), \$1.00*
- 25 4 inch pieces of string, \$5.82*
- Hot glue gun with glue sticks, \$9.19*
- 25 small clear plastic cups, \$3.96*
- 20-30 cups machine popped corn (see recipe), \$3.69 per 100 servings if purchasing unpopped kernels from Cub



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Turkey Diplomas

- 25 deli slices of turkey (≤ 1 oz. per slice), \$8.60
- 8 feet thin black ribbon - be sure to purchase ribbon that does not fray or lose color onto other objects, \$2.00*