

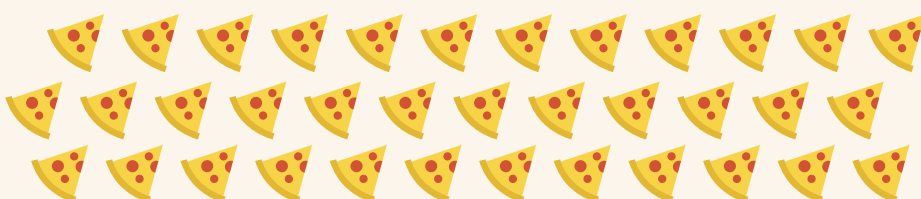
# FOOD AT SCHOOL PARTIES

What one **YEAR** of school party food really looks like.

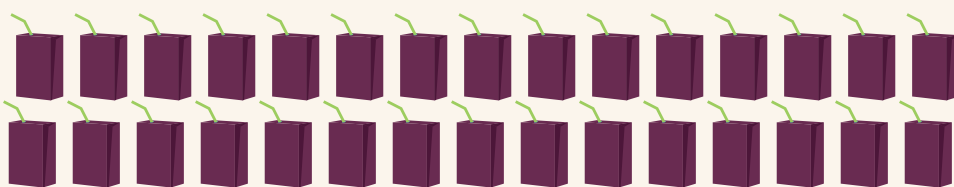
Your child has **40+** parties in one school year for birthdays, holidays, and school celebrations during which they likely consume...



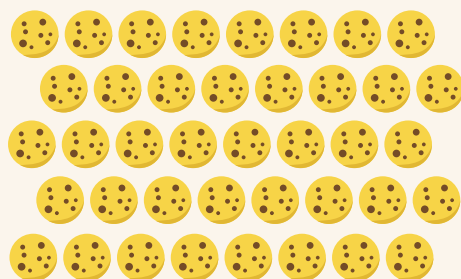
42 cupcakes (131 calories per cupcake)



42 slices of pizza (285 calories per slice)



30 juice boxes (not 100% juice; 90 calories per juice box)



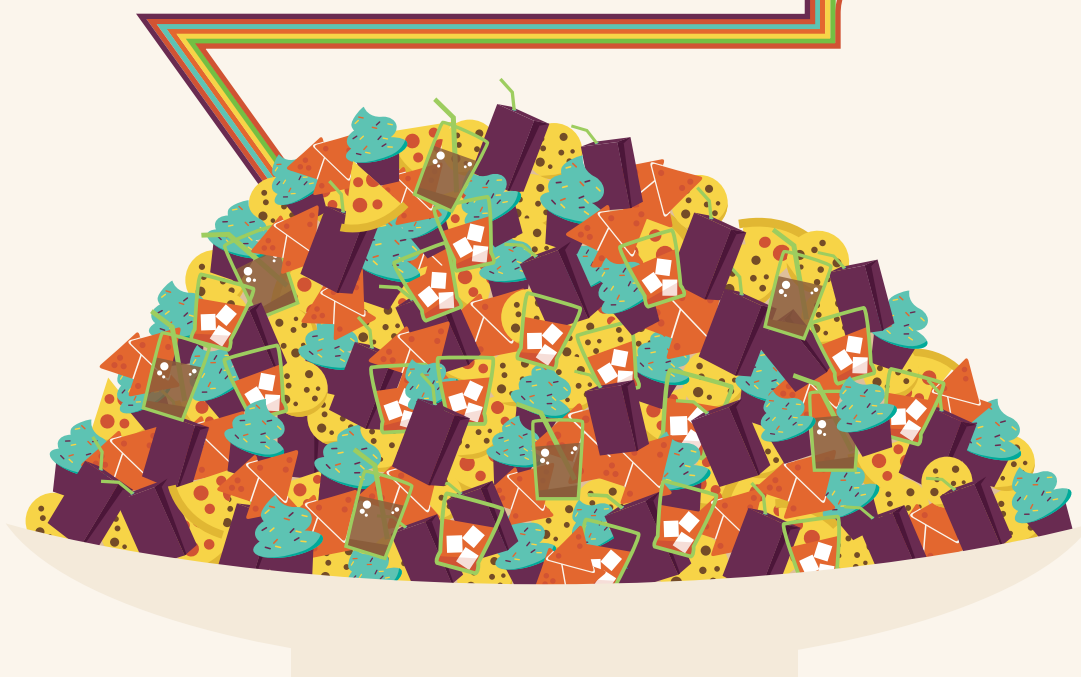
40 cookies (78 calories per cookie)



24 sugar sweetened beverages (cola or punch; 182 calories per serving)



24 servings of chips (150 calories per serving)



31,260 calories in one year

If your child eats one of everything at each party, they will gain 8.9 pounds per year!

**3500 extra calories = 1 pound of excess weight\***

## "GO" PARTY SUGGESTIONS



Serve **GO foods** or SLOW foods at school parties instead of unhealthy foods. Get creative! Try serving fruit and vegetables in fun ways, such as fruit kabobs.



Plan active party games or crafts! Focus on having fun and moving instead of unhealthy food.



Work together to limit extra food by planning once a month birthday parties or starting a menu sign up. Lastly, consider sending sugary birthday snacks home with a note on school policy so parents can learn and decide what food is allowed.

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\*The calories to pound is a rough estimate and not exact.