FOOD AT SCHOOL PARTIES

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

![Image of food items]

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)
- **24 sugar sweetened beverages** (cola or punch; 182 calories per serving)
- **40 cookies** (78 calories per cookie)
- **30 juice boxes** (not 100% juice; 90 calories per juice box)

**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.

See our website [www.catchinfo.org](http://www.catchinfo.org) for more information or the MSD Center blog: [http://go.uth.edu/GOparty](http://go.uth.edu/GOparty) for more tips and resources. Follow @mdscenter & @usaCATCH on Twitter or like us on Facebook!

*Brought to you by CATCH & Michael & Susan Dell Center for Healthy Living

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