



## Healthy School Campaign

# Hearty Trail Mix Treats



Time Required: 15 Minutes Prep, 30 Minutes for Party

**February:**

**Healthy Hearts**

**Goal:** This activity will promote healthy party snacking and gifting

**Objectives:**

- Students will learn and taste 1 recipe idea for a healthy holiday party snack and/or gift.

### Prep:

- Send out a note to families requesting ingredients for trail mix and a parent volunteer.
- Make copies of baggie insert or create inserts for trail mix bags and visuals for ingredients

### Day of Prep:

- Place ingredients in bowls with spoons and/or tongs.
- Place corresponding visuals by the ingredients.
- Set up the trail mix “bar” with tablecloth and music.

### Sample Ingredients:

- Dried fruit like raisins, cranberries, banana chips
- Shredded coconut
- Pretzels
- Low-sugar granola
- Whole wheat cereal
- Pumpkin seeds
- Or any other healthy trail mix ingredients!

### Materials:

- Bowls
- Spoons or tongs
- Small snack bags or paper bags
- 1 tablecloth
- Cheerful music!

### Directions:

- Inform that the activity today is fun and healthy party, and a party doesn’t always have to have unhealthy sweets. The recipe is sweet, salty, crunchy, and fun, but it’s healthier for our bodies, fun to make, and even more fun to eat!
- This recipe is also a good idea to give as a gift to loved ones, because it can show them that you care about their health.
- Students will go through the Trail Mix “bar” and choose their healthy ingredients to put inside.
- Inform students of the health benefits of each ingredient, and help them determine how much of an ingredient they put in their bag.
  - For example, “Cranberries have Vitamin C to protect you from getting sick...Do you want one spoon of that or two?”
  - Try to monitor how much students put into their bags. They should not be putting more than two scoops of each ingredient in order to conserve ingredients for the rest of the class.
- Tip: If you are using paper bags for gifts, students may color and decorate their bags while one group goes up to the Trail Mix bar.

