**CHOOSING HEALTHER *but still satisfying ☺ BIRTHDAY TREATS***

Let’s help our kids enjoy a treat for their birthdays without being exposed to food dyes, preservatives, and other chemicals which can negatively impact their behavior, ability to learn, and overall health.

BIRTHDAY TREAT SUGGESTIONS:

-Stick to whole foods, with ingredients that are recognizable food items, rather than food dyes, preservatives and additives.

-If you would like to bring baked goods, home-made baked goods offer the highest level of certainty about their ingredients. When using baking mixes and store-bought icing, please check the ingredients.

-When purchasing store-bought baked goods please look for the shortest ingredients lists that do not include food coloring or preservatives*. Use the color test*. If icing or cake appears a color or colors that do not grow naturally from plants, they are likely chemicals (bright red, turquoise, etc.).

-Consider organic items. These never include food dyes, preservatives, additives, genetically modified ingredients or chemicals. Suggestions include organic baked items, organic ice pops or ice cream bars, organic pudding or jello mixes, etc.

-When purchasing baked goods from bakeries or other establishments, ask if all natural ingredients were used, and again, steer clear of bright colors/food coloring.

-Items that have sugar but also offer other more nutritional ingredients like eggs, fruit, yogurt or other dairy, etc. are healthier than items that are mostly sugar. Please avoid candy items.

-Consider fruit as a fun, satisfying treat. For example, fruit cut and placed on wooden skewers or made into animal or other fun shapes. Google “pinterest fruit birthday treats” for many, many ideas.

-When serving fruit, please consider organic fruit, especially for those fruits on the “Dirty Dozen” list of high pesticide fruits. These include apples, grapes, strawberries and peaches.