

CHOOSING HEALTHIER *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.

-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.

-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.

-Store bought mini cupcakes are acceptable. We do ask for only nut-free cupcakes as we are a nut-free facility.