



BEACH BIRTHDAY PARTY PACK

Bring the beach to the backyard with this fun party pack! Complete with a healthy snack recipe, fun activities and decoration ideas, your child's birthday party is sure to make a splash.

BEACH RECIPE **Sushi Snacks**

Get into the swim of things with these easy, kid-friendly sushi snacks!

SERVES

6-8 sushi rolls

INGREDIENTS

- 1 whole-wheat tortilla
- 1 tsp. low fat cream cheese
- 1/2 cup shredded low fat mozzarella cheese
- 4 slices turkey lunch meat
- 1/4 cup shredded carrots

INSTRUCTIONS

1. Cut the edges of the tortilla to make it into a square
2. Spread cream cheese along one edge.
3. Spread the mozzarella over the tortilla (avoid the cream cheese, and leave about a 2-inch strip on the edge opposite the cream cheese uncovered too).
4. Arrange the turkey and carrots atop the uncovered strip.
5. Get rollin'! Roll up the tortilla tightly, starting with the turkey/carrot side and rolling toward the cream cheese. Use the cream cheese as a "glue" to close the roll.
6. Cut the tortilla into 1/2-inch discs. Refrigerate until you're ready to eat, then dive in!



Need more? Just double all of the ingredients and repeat the process!

For more healthy adventures, coast over to

BEACH ACTIVITIES

Catch a Wave

YOU WILL NEED

- Blue streamer paper
- Clothespins
- Prizes



HOW TO PLAY

Before the game begins, have kids pretend like they're swimming and take a warm up lap around the yard. Then, give each kid a long piece of blue streamer paper. Have the kids tuck the streamer into their back pocket, and let it hang out a few feet. (If the kids don't have back pockets, attach the streamer with the clothespin.) Kids will then spread out across the yard, and when you yell "Go!" they'll run around trying to catch each other's "waves" for 5 minutes. The player with the most waves at the end of the game wins a prize!

Crab Relay Races

YOU WILL NEED

- Prizes



HOW TO PLAY

Looking for another fun beach-themed activity? Shore thing! Divide party guests into teams of two, then line up at the starting line. The first two players on each team will get into crab-walk position, with their hands and feet on the ground and their bellies in the air. On "Go!" they will race to the finish line. Once crossed, the next player in line will go. The first team to finish wins!

BEACH DECORATION IDEAS



Let your creativity shine with these easy, fun beach-themed decorations!

BALLOON OCTOPUS

Simply tape some streamers to a balloon, then use a marker to draw the octopus's face! (You can also cut out and tape on some eyes using white paper.)

PAPER PLATE JELLYFISH

Tape different colored streamers to the inside of a coffee filter, then hang them up with some string! Don't forget to paint the coffee filters too.

WAVE WALL

Mimic water waves by scrunching up some disposable blue tablecloth and stapling (or taping) it to the fence! You could also decorate inside by taping it to your walls.

SHARK FIN SPOONS

Serving a healthy dessert like yogurt parfait cups? Use gray construction paper to cut out some shark fins, then glue them to plastic spoons!

BEACH PARTY HAT

Have the kids color their own beach party hat. Cut the hat out and let them draw their favorite sea animals on the hat. Overlap the paper on the dotted line and tape or staple together.

