If you are going to have food at your celebrations, make it count with a healthy choice!

Try some of these foods at the next celebration.

- **Fruit and Cheese Kabobs**: Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.

- **Make Your Own Trail Mix**: Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for students to make their own trail mix.

- **Fruit Smoothies**: Bring a blender, frozen fruit, and yogurt to your next celebration.

- **Yogurt Parfaits**: Layer granola, fruit, and yogurt in plastic cups. Provide on a tray covered with plastic wrap or let the kids make their own.

- **Assorted Fruit Platter**: Arrange chunks and slices of fruit on a tray; to make it even more fun, use a hollowed out watermelon half.

- **Veggie and Dip Platter**: Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.

- **Vegetable Sticks with Spread**: Celery or carrot sticks with nut butter or cream cheese. Top with raisins for an old favorite – ants on a log!

- **Snack Kabobs**: Veggie or fruit chunks skewered onto thin pretzel sticks.

- **Sweet Potato Fries**: Baked sweet potato wedges, tossed lightly with olive oil and salt.

- **Cottage Cheese or Yogurt with Fruit and/or Granola**: Try using fresh grapes, frozen berries, or canned peaches or pineapple.

- **Apple Treats**: Sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter.

- **Chips and Salsa**: Use whole grain baked pita chips or baked tortilla chips. For something new, try bean dip instead of salsa.

- **Taco Roll-up**: Small whole wheat tortilla rolled with cheese, beans, and salsa.

- **Turkey Roll-up**: Turkey slice rolled up with cheese.

- **Mini Pizzas**: Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted.

- **Mini Bagel with Spread**: Try cream cheese, nut butter, or hummus.