Ideas for
HEALTHY FOOD FOR CELEBRATIONS

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.

• **Vegetable Sticks with Spread:** Celery or carrot sticks with nut butter or cream cheese. Top with dried fruit for a unique twist.

• **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.

• **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.