

Healthy Food Ideas For Celebrations

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



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- **Fruit and Cheese Kabobs:** Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.
- **Rainbow Food Party:** Put out an array of fruits and vegetables that represent the colors of the rainbow.
- **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.
- **Banana Ice Cream:** Slice and freeze a ripe banana. Pulse and then blend in a food processor until it is creamy like soft serve and then freeze again.
- **Popcorn:** Make your own popcorn either in a paper bag in the microwave (be cautious of store bought microwave popcorn because of chemicals in the lining of the bags of some brands), on the stove or in a popcorn maker. Find healthy seasoning ideas online!
- **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.
- **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 guacamole or bean dip instead of salsa.
- **Taco Roll-up:** Small whole wheat tortilla rolled with cheese, beans, and salsa.
- **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.