



# Healthy Foods for Celebrations

Greetings Families and Caregivers!

We are hosting healthy celebrations. If you choose to send in food for a birthday or holiday celebration, please make it a healthy option. Help us show that fun and healthy eating go together.

## **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 everyone to make their own trail mix.

## **Fruit Smoothies**

Bring a blender, frozen fruit, and yogurt!

(Be sure to check with us first.)

## **Yogurt Parfaits**

Layer granola, fruit, and yogurt in plastic cups. Bring in on a tray covered with plastic wrap; or send in the ingredients, cups and spoons and let everyone make their own parfaits.

## **Vegetable or Fruit Platters with Dip**

Cut carrots, celery, bell peppers, cucumber with dips like hummus or ranch dressing.

Or sliced melons, berries, pineapple, oranges with yogurt dip.

We partner with Let's Go!, an obesity prevention initiative for children and adults that focuses on healthy eating and active living. Let's Go! works with community partners to display healthy messaging and create environments that support healthy choices where people live, learn, work, and play.

For more information about Let's Go!, visit [LetsGo.org](http://LetsGo.org). Thank you for supporting our commitment to creating a healthy environment!