



# Ideas for Healthy Food for Celebrations

If you serve food at celebrations, offer healthy choices.

## Fruit and Cheese Kabobs

Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.

## Trail Mix

Provide granola or whole grain cereal, dried fruit, and nuts to make trail mix.

## Fruit Smoothies

Blend frozen berries, banana, and spinach with yogurt for a cold treat.

## Yogurt Parfaits

Layer granola, fruit, and yogurt in cups.

## Fruit Platter

Lay slices of fruit on a tray to make a colorful design.

## Cottage Cheese or Yogurt with Fruit

Try using fresh grapes, frozen berries, or canned peaches or pineapple and maybe some granola.



## Vegetable and Dip Platter

Baby carrots, cucumber, red pepper, broccoli, cherry tomatoes, snap peas, or celery 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.

## Sweet Potato Fries

Baked sweet potato wedges, tossed with a small amount of olive oil and salt.

## Chips and Salsa

Use whole grain baked pita chips or baked tortilla chips. Try bean dip instead of salsa.

## Taco Roll-up

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. Toast until the cheese is melted.

## Mini Bagel with Spread

Try cream cheese, nut butter, or hummus.

