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.

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