



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.

