

# Enjoy Celebrations



## Celebrating holidays, birthdays, or special events?

Have fun with these party ideas:

- Decorate using themes or colour
- Make crafts or play party games
- Have a theme-based scavenger hunt
- Sing special songs or read books about your theme
- On birthdays, have the birthday child be your 'special helper' for the day

## Enjoy special foods:

- Share family or cultural food traditions.
- Serve a vegetable or fruit tray with yogurt dip. Arrange food in fun shapes or colour themed trays.
- Plan a 'build your own' party. Build your own sandwich, pizza, taco, salad, or yogurt parfait from a variety of ingredients.
- Help children make a 'friendship fruit salad'. Each child adds a different fruit to the salad.
- Offer 'wacky water'. Add chunks of melon or slices of citrus fruit or cucumber to a pitcher of water.



For more information:

Visit [AHS.ca/HealthyEatingStartsHere](https://www.alberta.ca/healthy-eating-starts-here)

Email [PublicHealthNutrition@AHS.ca](mailto:PublicHealthNutrition@AHS.ca)