



# Healthy celebrations!

Make celebrations with children fun and healthy!

## Try these party ideas:

- Decorate using themes or colours
- 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

## Serve fun and healthy foods:

- Serve a vegetable or fruit tray with yogurt dip. Display in a fun shape or colour themed trays.
- Plan a ‘build your own’ party! Build your own sandwich, pizza, taco, salad or yogurt parfait from a variety of healthy ingredients.
- Help children make a ‘Friendship Fruit Salad’ – each child adds a different fruit to the salad.
- Offer ‘Wacky Water’. Add chunks of melon, slices of citrus fruit or cucumber to a pitcher of water for a new drink.



***Make healthy foods the easy choice at holiday celebrations, birthday parties and special events.***