



## Special Event Days

Special event days - class parties, dances, and track and field events are a fun way to gather together and celebrate. They are also a great time to have healthy and tasty food choices for students, teachers, families, or the whole community. As parents, you are often asked to provide food for celebrations.



Check with your child's teacher to see if there are any foods to avoid (e.g. allergies). Below are some ideas for foods you can make or purchase.

### Feeling creative? Foods you can prepare in advance:

- Pasta salad, with fun shaped whole grain pasta, chopped vegetables, grated low fat cheese and an Italian style dressing.
- Sandwiches or wraps using whole grain breads, lean meats, assorted vegetables, low fat shredded cheese, mustard, or hummus.
- Colorful fruit or vegetable kabobs with yogurt dip.
- Popcorn (limit the amount of fat and salt added).
- Banana splits made with frozen yogurt and fresh fruit toppings.
- Healthier baked goods, such as muffins, squares or cookies made with whole grains and fruit.
- Fruit and milk based desserts such as yogurt parfaits made with low fat yogurt and frozen fruit.
- Healthier fruit punch made by combining 100% fruit juice, club soda and fresh or frozen fruit chunks. Limit punch to ½ cup (125 mL) per child.

### Need something ready to go? Try these ready to serve items from the store:

- Pre-made fruit or vegetables trays
- Apple wedges
- Bananas, easy to peel oranges or sliced fruit salad
- Small 100% fruit juice boxes
- Small cartons of milk
- A tray of whole grain wraps or sandwiches with vegetables and lean meats
- Whole grain crackers or pita with hummus
- Low salt pretzels or trail mix
- Low fat cheese portions
- Low fat yogurt in individual containers or yogurt tubes



For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>