

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: August 12, 2019
Content provided by: Alberta Health Services – ahs.ca

Healthy celebrations for young children

It's easy to make celebrations with children fun and healthy. Here are a few tips on how you can make healthy foods the easy choice at holiday celebrations, birthday parties and special events. For more ideas, go to healthyeatingstartshere.ca.

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. Arrange the fruit and vegetables in fun shapes or colour-themed trays.
- Plan a “build your own” party. Let each child build their own sandwich, pizza, taco, salad or yogurt parfait from a variety of healthy ingredients.
- Help children make a “Friendship Fruit Salad.” Each child can choose a different fruit to add to the salad. Stir it gently and serve.
- Add chunks of melon, slices of citrus fruit or cucumber to a pitcher of water. Call it “Wacky Water” and offer it to party guests to drink.

Source: ahs.ca