

# HEALTHY CELEBRATIONS



## First Steps to Take

Celebrations are events that you and your family want to enjoy! Eating healthy foods and being physically active can be part of any celebration. Try these ideas to create a healthy celebration:

### Make a Plan

Brainstorm healthy snacks and activities you want for the celebration. Consider the weather for outdoor activities, seasonal themes, and what your friends and family are open to trying. Ask family members to help you plan!

### Switch the Focus

Center your celebration around a fun activity rather than the food. Plan a holiday hike with a picnic at the end or a birthday bike ride with healthy snacks.

### Ask for Help

Parties and celebrations can be overwhelming. Get help from family members and friends! Have someone plan and setup a game or activity and ask others to help make healthy snacks and drinks. Asking for help will ensure you will also get to join in the fun!

## Fun Activities to Try

- Dance Party
- Freeze Tag
- Simon Says
- Keep the Balloon in the Air
- Hide & Seek
- Capture the Flag
- Twister
- Duck, Duck, Goose!
- Follow the Leader
- Red Light, Green Light
- Obstacle Course
- Musical Chairs
- Scavenger Hunt
- Sharks and Minnows

## Healthy Treats

Having a healthy celebration does not mean going without treats! There are plenty of fun ideas for you and your family to enjoy that are made with healthy ingredients.

### Fruit Cones

Fill ice cream cones with fresh fruits, like grapes, kiwi, melon & berries. You can even eat the "bowl"!

### Butterfly Bites

Spread nut butter on celery sticks and add two pretzels on top for the "wings".

### Apple Nachos

Slice up apples and drizzle with nut butter. Add mini chocolate chips on top with any other toppings, like chopped nuts or coconut flakes.

### Rainbow Fruit Wands

Add fruits from all colors of the rainbow onto a skewer for an eye-catching treat. Or cut watermelon slices into fun shapes with cookie cutters (hearts, flowers, etc.) and add other favorite fruits.



## Hummus & Veggie Cups

### Ingredients:

- Hummus
- Thinly sliced carrot sticks
- Thinly sliced sweet bell pepper
- Thin sliced celery
- Small paper cups

### Directions:

1. Spoon 2-3 Tablespoons of hummus into bottom of cups
2. Place a variety of sliced veggies in the cup vertically with one end of each veggie dipped in hummus.
3. Serve and enjoy!