



Give Them More  
of the  
Good Stuff!



# Healthy and Fun Celebrations at Home, School or Anywhere



## Action Snacks

- ☀️ **Shape it!** Cut fruit, veggies and sandwiches into fun shapes. Try using a cookie cutter or melon baller. Use leftover pieces in smoothies, soups, or pasta sauces.
- ☀️ **Dip it!** Dip fruit in low-fat yogurt, pudding or Food Hero Pumpkin Fruit Dip; try veggies with Food Hero Ranch Dressing.
- ☀️ **Create it!** Make each plate a work of art. Arrange food to make a flower or funny face.
- ☀️ **Build it!** Choose different toppings to make a healthy yogurt parfait or snack/trail mix or fruit kabobs.
- ☀️ **Taste it!** Have a tasting party with fruits and veggies. Try tasting a rainbow of colors or compare varieties of apples or sample less familiar fruits and veggies.



## Celebrate Without Food

- ☀️ **Read** aloud from a book that a child chooses, to friends, family or even in the classroom.
- ☀️ **Move** from place to place with a scavenger hunt related to a theme.
- ☀️ **Sing and dance** to some favorite music. Have a mini talent show.
- ☀️ **Give favors** like pencils or stickers instead of snacks.
- ☀️ **Spend time** at a special place or with special people. Invite them to the classroom or take a trip to visit them.
- ☀️ **Create** a banner, cards, bracelets, or head bands to celebrate the event. Supply paper, crayons, markers, stickers, or stamps.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.  
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# Healthy Celebrations Ideas

## Do-It-Yourself Trail Mix



### Ingredients:

- 1 cup **square-type whole grain cereal**
- 1 cup **o-type whole grain cereal**
- 1 cup **puff-type whole grain cereal**
- 1 cup **dried fruit** of your choice
- 1 cup small **pretzels**
- ½ cup small **nuts**

### Directions:

1. Set out a bowl of each ingredient with a serving spoon.
2. Let guests add a spoon of each ingredient to a plastic bag or other container. Shake to mix. Enjoy!

**Makes** 5½ cups **Prep time:** 5 minutes

## Banana Bobs



### Ingredients:

- 1 large **banana** cut into ½ inch slices
- ¼ cup **low-fat vanilla yogurt**
- 2 Tablespoons oat and honey **granola cereal**

### Directions:

1. Divide the sliced banana pieces between two plates.
2. Place 2 Tablespoons of yogurt onto each plate.
3. Place 1 Tablespoon of granola cereal onto each plate.
4. Use fork to pick up a slice of banana and dip into the yogurt, then into the cereal.
5. Refrigerate leftovers within 2 hours.

**Makes** 2 servings **Prep time:** 5 minutes

## Fruit Pizza



### Ingredients:

- 1 **English Muffin** (try whole grain)
- 2 Tablespoons reduced fat or fat-free **cream cheese**
- 2 Tablespoons sliced **strawberries**
- 2 Tablespoons **blueberries**
- 2 Tablespoons crushed **pineapple**

### Directions:

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
4. These are best when served soon.
5. Refrigerate leftovers within 2 hours.

**Makes** 2 half muffins with fruit

**Prep time:** 10 minutes

Go to  
[FoodHero.org](http://FoodHero.org)  
for more  
Kid Approved  
recipes

## Make It Seasonal

**Fall** - Draw faces on mandarin oranges or string cheese packages.

**Winter** - Create a tree on a platter with broccoli.

**Spring** - Package vegetables or trail mix as butterflies.

**Summer** - Arrange fruit to make a rainbow.