

Healthy Holiday Party Ideas



Instead of the typical Halloween candy try having each student bring in orange fruits and vegetables:

- Carrots
- Pumpkin
- Sweet potatoes
- Oranges
- Orange bell peppers
- Peaches & nectarines
- Orange tomatoes
- Apricots
- Mangos
- Cantaloupe
- Kumquats



Have your students bring in as many red and green fruits and vegetables as they can think of:



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| • Strawberries | • Avocados |
| • Tomatoes | • Green Apples |
| • Watermelon | • Green Grapes |
| • Red Apples | • Honeydew |
| • Cherries | • Kiwi |
| • Pomegranates | • Limes |
| • Raspberries | • Asparagus |
| • Red Pears | • Broccoli |
| • Red Bell Peppers | • Brussels Sprouts |
| • Radishes | • Green Beans |
| • Beets | • Celery |
| • Red Potatoes | • Cucumbers |
| • Rhubarb | • Leeks |
| • Cranberries | • Lettuce |
| • Red Chili Pepper | • Spinach |
| • Red Grapes | • Snow Peas |
| | • Zucchini |
| | • Green Bell Peppers |



- Focus on whole grains (corn, wheat, rye, oats, barley, brown rice, etc.) to show how many ways grains are used.
Ex. Corn = popcorn, tortillas, canned corn, corn on the cob, corn chips, corn nuts, corn bread, corn flakes
- Make homemade tortillas in the classroom
- Have a fruit and vegetable party
- Have a baked potato feast with all of the toppings such as low-fat /fat-free cheese, sour cream, chili, green onions, chopped tomatoes & broccoli
- Make wraps with whole wheat tortillas
- Make pizzas with whole wheat pita bread and low-fat /fat-free toppings



Have students bring in ingredients to make:

- **Smoothies** (banana, 100% orange juice, low-fat yogurt, fresh or frozen berries)
- **Healthy Banana Splits** (banana, low-fat vanilla yogurt, berries, and top with low-fat granola)
- **Heart-Shaped Hotcakes** (mix banana, whole wheat pancake mix, egg, and low-fat/fat-free milk, top with fruit)
- **Fruit Salad**
- **Fruit Cobbler**
- **Salsa**
- **Fruit Kabobs**
- **Orange Julius**



For more information call:
224-4301





Healthy Treats for Classroom Parties



Yogurt Parfaits

- Low-fat or non-fat yogurt
- Low-fat granola
- Berries (frozen or fresh)
- Small cups
- Spoons

Trail Mix

- Nuts
- Chex
- Pretzels
- Sesame seeds
- Dried fruit

Vegetables and Dip

- Green/red/yellow bell peppers
- Cucumber
- Broccoli
- Cauliflower
- Mushrooms
- Jicama
- Carrots

Yummy Yogurt Fruit Dip*

Ingredients:

1 cup nonfat vanilla yogurt
2 Tablespoons brown sugar
¼ cup low-fat granola

In a bowl, stir together yogurt, brown sugar and granola until well mixed. Wash and cut fruit and place on a platter. Put toothpicks in each piece of fruit, if desired. Pick up fruit with toothpick or fingers and dip in yogurt. Enjoy!

Vegetable Dip*

Ingredients:

½ cup low-fat sour cream
½ cup plain, non-fat yogurt
¼ cup chopped green onion
¼ bunch chopped cilantro

In a bowl, stir sour cream, yogurt, onion and cilantro until well mixed. Wash and cut vegetables and place on a platter. Pick up vegetables with fingers and dip in sour cream or yogurt. Enjoy!

Fruit Salad

- Fresh or canned fruit in light syrup or juice
- Pineapple
- Banana
- Peaches
- Pears



Fruit Kabobs

- Apples
- Bananas
- Melons
- Pineapple
- Kiwi
- Strawberries
- Small stick pretzels
- Cheese cubes