

HEALTHY HOLIDAY CELEBRATIONS

Easter

Flower Power

Ingredients

- Carrots
- Celery stalks
- Nutritious dip (see Healthy Dip handout for healthy options)

Instructions

- Select and prepare a dip from the Healthy Dip handout (healthy holiday celebrations resource webpage).
- Pour dip into a small white or clear bowl.
- Arrange carrot sticks around the bowl to create the flower petals.
- Place a celery stalk at the bottom for the flower's stem.



Carrot Bags

Ingredients

- Clear plastic baggies (sandwich size)
- Goldfish crackers (preferably cheddar and made from whole grain)

Instructions

- Fill a baggie with goldfish crackers and tie it with a green twist tie in the shape of a carrot. You can also substitute crackers for baby carrots.



Spring Fruit Basket

Ingredients

- Wide variety of fresh fruits
- A large basket
- Green leafy lettuce



Instructions

- Cover the large basket with a layer of green leafy lettuce.
- Dice fruit into smaller-sized bites and decorate the basket with all the colourful pieces.

Bunny Bread Bowl

Ingredients

- Long, whole wheat baguette
- A large, circular bread loaf for the bread bowl
- A small, circular bread loaf for the bunny's head
- Raisins & celery strips
- Nutritious dip (see Healthy Dip handout for options)



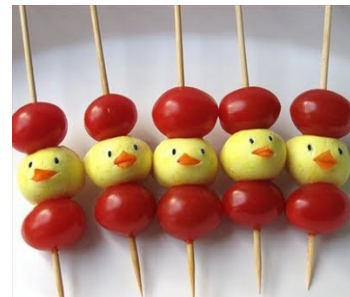
Instructions

- Cut the long whole wheat baguette in half, to be used as the ears.
- Hollow out a hole in the large circular bread loaf to create the bunny's tummy. Should be large enough to hold about one cup of dip.
- Pour nutritious dip into the bunny's tummy.
- Arrange raisins and celery strips on the small circular bread loaf to create eyes, nose, whiskers
- Arrange the components on a large platter, decorate the bunny's surroundings with colorful veggies.

Easter Chick Skewers

Ingredients

- Cherry tomatoes
- Soft, low-fat mozzarella balls
- Peppercorns, poppy seeds, or raisins
- Carrot bits
- Bamboo skewers



Instructions

- Pierce a cherry tomato on the skewer, followed by a mozzarella ball, and another cherry tomato.
- Decorate the mozzarella ball with poppy seeds, peppercorns, or raisins for eyes tiny carrot bits for beaks.
- Repeat this process for as many skewers needed.

Edible Easter Bunny

Ingredients

- Bananas
- Hard-boiled eggs
- Low-fat, dry curd cottage cheese
- Carrots
- Raisins



Instructions

- On a large plate, place about 1/3 cup of cottage cheese onto the bottom half of the plate to create the outline on the bunny's face.
- Hard boil an egg, let it cool, peel it, and slice it in half. Use for the bunny's eyes, topping them with raisins.
- Peel and cut a large banana in half. Use as the bunny's ears and attach them to the upper section of the cottage cheese.
- Peel carrot strips for whiskers and use a larger piece of carrot for the nose.

Easter Egg Surprise

Ingredients

- 12 colorful plastic Easter eggs that easily open
- An egg carton to hold the eggs
- Your choice of healthy snacks (i.e. grapes, strawberries, cheese, whole wheat crackers, almonds, and cherry tomatoes)



Instructions

- Fill the colorful Easter eggs with your healthy snack ideas.
- Close the eggs and place them in a carton, so there will be a surprise with every egg!

Note: you might also want to try placing fun physical activity descriptions inside the eggs to mix things up and get active!