

# HEALTHY HOLIDAY CELEBRATIONS

## Healthy Christmas Snack Ideas



School holiday celebrations provide a unique opportunity to make healthy eating fun and exciting for children. As an APPLE School, we want to serve food that tastes good, is nutritious, and provides students with positive education experiences.







When sending food to school for your child's holiday party, please consider sending some fun AND nutritious foods! To get you started, here are some examples:

- Air-popped popcorn or pretzels
- Baked chips or multigrain tortillas with salsa
- Mix sparkling water with 100% cranberry juice
- Whole grain bagels, cut into quarters, spread with hummus, and topped with fresh vegetables
- Cheese and crackers with an apple slice. Aim for whole wheat crackers
- Angel food cake with fresh fruit as a topping
- Fruit salad or fruit tray (use red, green, and white fruits to be festive) with vanilla yogurt as the topping
- Festive muffins made with whole grain flour. Keep the portion small
- Anything on a stick – veggie or fruit kabobs are always fun.
- Christmas smoothies: blend raspberries and kiwi with vanilla yogurt and ice
- Bakes whole wheat pita triangles with hummus for dipping
- Choose cookies with whole grains and dried fruit (e.g., oatmeal and raisin)

**Tip:** You can reduce the fat in your Christmas baking by replacing about half the butter or margarine with unsweetened apple sauce or vegetable oils. Add dried fruit or replace white flour with whole wheat.

Red, white, and green add holiday flair, so try making a festive veggie or fruit tray, or salad, using these colourful suggestions:

RED	WHITE	GREEN
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>🍷 Blood Oranges</li> <li>🍷 Cherries</li> <li>🍷 Cranberries</li> <li>🍷 Pink/Red Grapefruit</li> <li>🍷 Pomegranates</li> <li>🍷 Raspberries</li> <li>🍷 Red Apples</li> <li>🍷 Red Grapes</li> <li>🍷 Red Pears</li> <li>🍷 Strawberries</li> <li>🍷 Red Watermelon</li> <li>🍷 Rhubarb</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>🍷 Beets</li> <li>🍷 Red Peppers</li> <li>🍷 Radishes</li> <li>🍷 Red Leaf Lettuce</li> <li>🍷 Red Onions</li> <li>🍷 Tomatoes</li> </ul>	<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>🍷 Bananas</li> <li>🍷 Brown Pears</li> <li>🍷 Dates</li> <li>🍷 White Nectarines</li> <li>🍷 White Peaches</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>🍷 Cauliflower</li> <li>🍷 Mushrooms</li> <li>🍷 Parsnips</li> <li>🍷 Shallots</li> <li>🍷 Turnips</li> <li>🍷 White Corn</li> <li>🍷 White onions</li> </ul>	<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>🍷 Avocados</li> <li>🍷 Green Apples</li> <li>🍷 Green Grapes</li> <li>🍷 Green Pears</li> <li>🍷 Honeydew Melon</li> <li>🍷 Kiwifruit</li> <li>🍷 Limes</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>🍷 Artichokes</li> <li>🍷 Asparagus</li> <li>🍷 Broccoli</li> <li>🍷 Celery</li> <li>🍷 Cucumbers</li> <li>🍷 Green Beans</li> <li>🍷 Green Cabbage</li> <li>🍷 Green Leaf Lettuce</li> <li>🍷 Green Onions</li> <li>🍷 Green Bell Pepper</li> <li>🍷 Leafy Greens</li> </ul>

		<ul style="list-style-type: none"><li> Peas</li><li> Romaine Lettuce</li><li> Snow Peas</li><li> Spinach</li><li> Sugar Snap Peas</li><li> Zucchini</li></ul>
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