

HEALTHY HOLIDAY CELEBRATIONS

Heart Healthy Party Foods

School holiday celebrations provide an 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 creates positive experiences for students.

When planning for your classroom's Valentine's Day party, consider serving some fun AND nutritious foods!



Here are some examples to get you started:

- Air-popped popcorn or pretzels
- Baked chips or multigrain tortillas with salsa
- Mix sparkling water with 100% cranberry juice
- Cheese and whole wheat crackers with an apple slice
- Angel food cake with fresh fruit as a topping
- Fruit salad or fruit tray (use red, pink, and white fruits to be festive) with vanilla yogurt as the topping
- A vegetable tray arranged into a heart design.
- Festive muffins made with whole grain flour. Keep the portion small
- Veggie or fruit kabobs are always fun
- Valentine's Day smoothies: blend yogurt, strawberries, bananas and frozen blueberries together
- Baked whole wheat pita triangles with hummus for dipping
- Have a red, pink and white vegetable and fruit taste-test! Have students pick a variety of vegetables and fruit to try or keep it a secret until the big day!

Tip: You can reduce the fat in your Valentine's Day 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 and white add holiday flair, so try making a festive veggie or fruit tray, or salad, using these colourful suggestions:

| RED | WHITE |
|---|---|
| <p>Fruits</p> <ul style="list-style-type: none"> 🍷 Blood Oranges 🍷 Cherries 🍷 Cranberries 🍷 Red/Pink Grapefruit 🍷 Pomegranates 🍷 Raspberries 🍷 Red Apples 🍷 Red Grapes 🍷 Red Pears 🍷 Strawberries 🍷 Red Watermelon 🍷 Rhubarb <p>Vegetables</p> <ul style="list-style-type: none"> 🍷 Beets 🍷 Red Peppers 🍷 Radishes 🍷 Red Leaf Lettuce 🍷 Red Onions 🍷 Tomatoes | <p>Fruits</p> <ul style="list-style-type: none"> 🍷 Bananas 🍷 Pears 🍷 White Nectarines 🍷 White Peaches <p>Vegetables</p> <ul style="list-style-type: none"> 🍷 Cauliflower 🍷 Mushrooms 🍷 Parsnips 🍷 Shallots 🍷 Turnips 🍷 White Corn 🍷 White onions |

Enjoy a heart healthy Valentine's Day party using these fun ideas:

- Instead of focusing on candies and chocolates, infuse your Valentine's Day celebration with **artwork and crafts!** Have students make crafts like heart hats or crowns, or special **Valentine's Day cards** for parents, grandparents, or other family members.
- Focus on concepts **of friendship, respect, and appreciation** for others, and encourage students to make these pillars an important part of their daily lives. Have a **good deed day** on Valentine's Day, where students are encouraged to **show random acts of kindness** to others.
- February is Heart Month! Go to the Heart and Stroke Foundation's website to get lesson plans to teach students about **keeping their hearts healthy and strong!**

- Have students **dress up** in red and pink. Challenge other classes to do the same.
- An alternative to candy-grams is to have students **write one positive comment** about each classmate on a heart-shaped paper and pass them out on Valentine's Day. This is both a healthy and inclusive option for the students.