

HEALTHY HOLIDAY CELEBRATIONS

Spring Celebrations

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.



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

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.

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!