

Health Hints

Healthy Holiday Eats!



‘Tis the season for holiday parties and get togethers. This year, start healthier traditions by preparing nutritious, kid friendly, finger foods for your next party.

Seasonal Appetizer Tray: arrange mini pizzas on English muffins, devilled eggs (top with a slice of red or green pepper), quesadilla triangles, mini pita sandwiches and tortilla rollups on a festive tray.

Holiday Vegetable Platter: create a colorful platter featuring red, green and white vegetables, such as cut radishes, broccoli, cauliflower, tomatoes. Serve with your favourite veggie dip or try hummus or guacamole.

Festive Fruit Plate: prepare a plate of your child’s favourite fruit, such as cut up apples, oranges, pears and melon. Drizzle with melted, dark chocolate or serve with flavoured yogurt as a dip. Enjoy!

For more great ideas see “Lunches to Go”: http://www.bced.gov.bc.ca/health/lunches_to_go.pdf



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