

Healthy Holiday Snack Ideas

Food is often the central theme for many holidays or celebrations. Involve kids in the planning and preparation of healthy snacks listed below. The key is to present foods in a fun and creative way. Enjoy!

Tips for Planning:

- Try new foods. Kids like adventure!
- Involve kids in celebration planning by asking them for their favourite healthy snack ideas, or give them choices and let them vote on their top picks.
- Serve a balanced menu consisting of vegetables, fruits, whole grains and protein.
- Choose foods for fun, taste and health. Celebrations that feature healthful foods provide opportunities for children to practice making wise food choices.
- Serve water or milk for beverages.
- Cut foods into fun shapes using cookie cutters and allow kids to assemble their own snacks.



These delicious trees are a great festive snack. The cheese tree is made from cubes of cheese, grapes and apple slices. Serve with whole-grain crackers. The colourful vegetable tree can be made with your favourite vegetables. Pair this snack with a healthy side like tzatziki or hummus.

These banana snowmen are a snap for the kids to assemble. Banana slices and currants (or raisins) with pretzel limbs will make these a hit every time!



These Santa strawberries are made using fresh strawberries, plain greek yogurt with a touch of honey and flax seeds for the eyes. **Tip:** Use a piping bag or plastic bag (snip a corner) to spread the yogurt.



Pita triangles with cream cheese, sliced cucumbers, a piece of yellow pepper for a star and a pretzel stick for the tree trunk make a tasty and nutritious snack in a snap.





These cheerful Snowman bagels are a simple healthy snack. To make this snack, you will need mini whole grain bagels, red peppers, baby carrot sticks and black olives.

These Grinch Fruit Kabobs are made with strawberries, bananas, green grapes and tooth picks! The kids will gobble them up.



This snack is an easy one for the kids to assemble. You need fresh strawberry slices and banana slice and place them in the shape of a candy cane! Enjoy!

Whole grain tortillas made into snowflake shapes with cookie cutters are great with [Strawberry Apple Salsa](#). Brush or lightly spray the tortilla snowflakes with cooking oil and sprinkle with cinnamon. Layer the snowflakes on a cookie sheet lined with parchment paper and bake in the oven at 350°F for 5-8 minutes or until they brown a bit.



Happy Holidays!

