



Healthy Foods for Childrens' Parties

Feature Something Nutritious!

When thinking about throwing a party for children, all too often balloons, games, and empty-calorie foods come to mind. Of course it is 'ok' to serve some favorite 'not-so-healthy' treats once in a while and in moderation, but try emphasizing more nutritious options at your next party! Being creative and presenting healthy foods in a colorful and fun way will add to the party, and who knows, these foods might become the new favorites for future parties and special occasions!

Try Some of These at Your Next Party:

Popcorn

Serve popcorn in individual paper bags decorated with fun stickers. You can also top the popcorn with fun flavors like powdered cheese or cinnamon.

Homemade Party Mix

Toss whole-grain cereal such as cheerios with walnuts, raisins, dried cranberries, peanut M&Ms, and pretzels.

Party Pinwheels

Roll whole-wheat or spinach tortillas with hummus, avocado, shredded carrot, and shredded lettuce; then cut into pinwheels with a tooth pick stuck in them to hold together

Sparkling Juice

Mix half your favorite juice plus half sparkling water in a punch bowl. Garnish with lemon or lime slices or fresh mint leaves.

Yogurt Parfaits

Layer vanilla yogurt with granola, sliced strawberries, and coconut. Try other fruits for more variety.



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Fruit or Vegetable Kebabs with Yogurt Dip

Use fruits such as strawberries, grapes, pineapple, or melon, and vegetables like carrots, cucumbers, broccoli, or bell peppers. Assemble on skewers. Serve with seasoned yogurt dip to taste, on the side.

Ants on a Log

Top celery sticks with natural peanut butter and raisins for this classic kids' treat.

Chocolate Banana Pop

Put ½ a banana on a Popsicle stick, dip in chocolate, and roll in chopped nuts (optional); then freeze on a tray in the freezer.