

Healthy Holiday Snack Ideas for School and Home

Food is often a central theme for many holidays and celebrations. Classroom parties or breakfast programs can incorporate a fun nutrition lesson by involving students in the planning and preparation of healthy snacks. The key is to present healthy foods in a fun and creative way. The following treats are easy to make and add a festive touch to any holiday gathering, whether it is a classroom party or breakfast program!



Tips for Planning:

- Try new healthy foods. Kids like adventure!
- Get students involved in celebration planning by asking them for their favourite healthy snack ideas, or giving them choices and get them to vote on their top picks.
- Choose foods for fun, good taste and health. Celebrations that feature healthful foods provide opportunities for children to practice making wise food choices.
- Serve a balanced menu consisting of fresh fruits, vegetables, whole grains and protein (like egg, yogurt, low-fat cheese).
- Cut foods into fun shapes using cookie cutters and allow students to assemble their own snacks
 - Serve water or milk for beverages.



Christmas Tree Fun!

These delicious trees are a great and festive snack. The cheese tree is made from cubes of cheese and grapes with a bit of fresh thyme for decoration. Serve with some whole-grain crackers. The colourful vegetable tree uses celery sticks, red and orange bell peppers, cucumbers, baby carrots, and snow peas. Pair this snack with a healthy side like tzatziki or hummus.

Banana snowmen!

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



Santa Strawberries!

These treats 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.





Mini Christmas Trees!

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



Mini Snowman Bagel

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.



Grinch Kabobs

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



A "Candy" Cane!

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!



Snowflake Tortillas

Whole grain tortillas made into snowflake shapes with cookie cutters are great with [strawberry apple salsa](#). Spray a cookie sheet with cooking spray and then spray the tortilla shapes and bake for 5-8 minutes until they brown a bit.