Let’s Celebrate!

We celebrate many occasions throughout the year, from birthdays to promotions to holidays and all other special events in between. For many, the focus is on unhealthy food and beverages and not so much focus is put on the reason behind the celebration. We definitely should celebrate our special occasions with friends and family, but let’s rethink how we choose to celebrate.

Ideas for Healthier Celebrations

- Have a dance party
- Get moving with fun activities
- Spend a day at a zoo or local attraction
- Plan special party games
- Make a sign, sash, button, to recognize the birthday child
- Enjoy a game night with friends
- Replace the “cupcake tradition” with another special activity
- Extra playtime or recess

Everything can fit into a healthy diet when consumed in moderation, but keep in mind that we often celebrate birthdays multiple times a day: at home with family, a party with friends, and then another at school or child care. These celebrations usually include cake and/or various other sweets but food doesn’t always have to be the focal point of the party. Instead, find fun and creative ways to celebrate special occasions.
Healthy Party Snacks

If food is a part of your celebration, choose fun and healthy snacks such as the following below:

- Fruit smoothies
- Popcorn
- Fresh fruit with yogurt dip or parfaits
- Frozen yogurt popsicles
- Whole grain tortilla chips with salsa or guacamole
- Trail mix
- Fruit kabobs
- Fresh apples with caramel or yogurt dip

Lemon Raspberry Frozen Yogurt

Makes 6 servings

Ingredients:
- 1 cup fat-free plain Greek yogurt (can also use vanilla Greek yogurt)
- 12 ounces frozen raspberries
- 1/3 cup fresh lemon juice
- 2 teaspoon fresh lemon zest
- 3 tablespoons honey

Directions:
1. Wash hands for 20 seconds with soap and water.
2. Add Greek yogurt, raspberries, honey, lemon juice, and zest to a blender or food processor and blend until smooth.
3. Serve immediately or place in an air tight container and put in freezer for 1 to 2 hours, then serve.

Nutrition Information per 2/3-cup serving: 80 calories 0 g fat 18 g carbohydrates 5 g protein 4 g fiber 15 mg sodium