

# Celebration Food

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

Doesn't have to be sugar laden cakes, chocolate, crisps and biscuits, it can still be fun, tasty and count towards your children's 5 a day.

Here is some inspiration for the year ahead:

## Valentines Day



Watermelon and orange slices on a kebab stick for a cupid's arrow

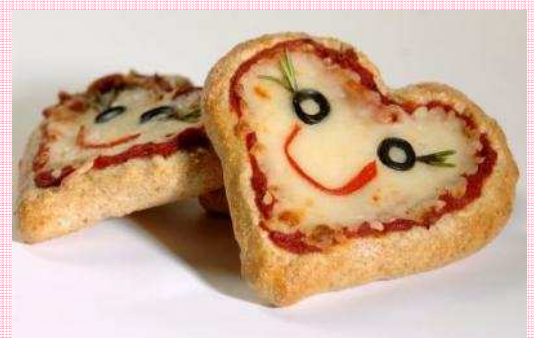


Strawberry hearts with a yoghurt dip



Watermelon Heart Pops

Cut a heart shape out of a piece of toast and fry an egg in it using a small amount of oil



Make pizza hearts with a variety of vegetables for a face

# Easter



Pots filled with carrots and a dip

Why not use food colouring to dye and paint boiled



Carrot and broccoli platter



# Halloween



Spaghetti and hot dog spiders, why not serve on a bed of pasta sauce



Apple mouths with cheese teeth

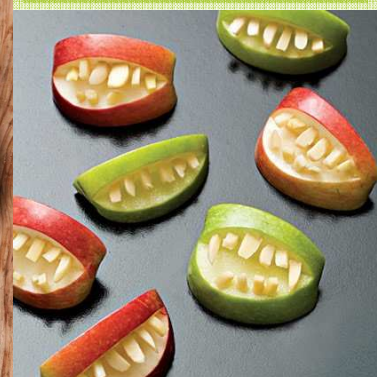


Carrot fingers with dip

Boiled egg with olive spiders



Mummy Toast



# Christmas



Banana snowmen with apple and grape hats



Fruit and vegetable Christmas trees



Strawberry and banana canes, you could even add a yoghurt dip



Vegetable Christmas wreath with a ham



Mulled apple juice: 1ltr apple juice, 1 cinnamon stick, orange slice and 3 cloves-put all in a pan and simmer for 10 Minutes. Perfect winter warmer!



Strawberry, banana and grape Santa's



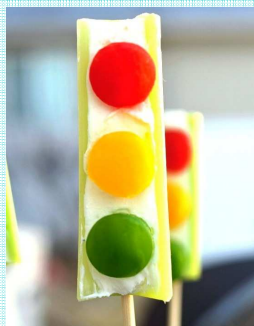
Rudolph water bottles and bags



It's a wrap Christmas platter

# Parties

Celery sticks with low fat cream cheese and pepper make traffic lights



Apple cars with grape wheels, why not try carrot blueberry or olive wheels?



Make your own pizza



On a hot summer day why not try frozen grapes or water melon on a stick



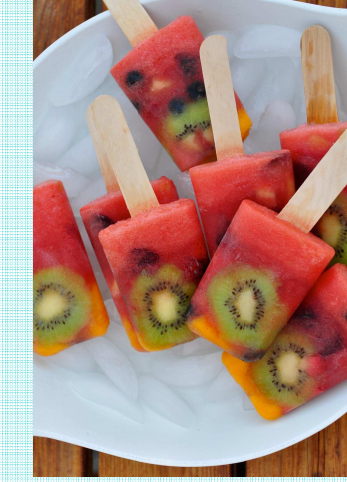
A different take on vegetables and a dip in an edible bread pot

Decorate a wooden clothes peg to liven up a bag of fruit



Biscuit cutters are a great way of adding interest to fruit kebabs





Cucumber boats with mixed vegetable rice filling and pepper flags



Watermelon baskets



watermelon.org

# Bonfire Night



Oat fruit crumble

Roast sausage, apple and root vegetables



Homemade bread rolls



Homemade bread rolls



Pumpkin Soup



# Parties

We all love to celebrate and what a better way to celebrate with some fantastic fruit treats



Fruit cups



Fruit platter