



Healthy Parties and Events for Kids

Hosting events for groups of kids (such as birthday parties, school events and sleepovers) in a healthy way can be a challenge. Food can take center stage, so offer healthy options in a way that is both fun and tasty!

Build healthy food in as part of the event activities

Pizza Party

Let kids make their own mini pizza creation! Give each child a single-sized whole grain pizza crust, whole wheat English muffin or pita bread topped with tomato sauce. Offer a mix of toppings, such as chopped veggies, pineapple, cooked chicken or ground beef and top it off with low fat grated cheese. Bake until the cheese is melted and enjoy!

Smoothies

Let the children make up their own smoothies with fresh, frozen or canned fruit, different yogurt flavors and milk. Blend and serve!



Sparkling Punch

Swap pop for your own healthy drink—mix club soda with 100% fruit juice. Add slices or chunks of fresh, frozen or canned fruit.

Sweet Salad

Have each child bring a piece of fruit and make a big fruit salad.

Other tips

Ask parents if their child has any food allergies and how to manage them.

Don't forget about food safety, especially if your event is outdoors! Make sure to keep cold foods in the fridge or a cooler with freezer packs.

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>