Healthy Options for Celebrations/Parties

When planning your next celebration or party, consider these nutritious alternatives:



Fruits & Vegetables

- Fresh Fruit
- Fresh Vegetables with Low-Fat Dip
- Fruit Cups
- Fruit Smoothies
- Fruit or Veggie Tray
- Prepackaged Sliced Apples
- 100% Fruit Snacks
- 100% Fruit Juice
- 100% Juice Popsicles
- 100% Vegetable Juice



Grains & Proteins

- Baked Chips
- Cheez-It (Baked/Whole Grain)
- Deli Wraps
- Goldfish (Baked/whole Grain)
- Graham Cookies
- Graham Crackers
- Granola Bars
- Pretzel Sticks
- Protein Bars
- Popcorn (Smart Corn)
- Uncrustables PB&J Whole Grain



Dairy & Other Options

- Boxed Raisins
- Cheese Cubes
- Craisins
- String Cheese (Fat Free)
- Sugar-Free Ice Cream Cups/Bars
- Sugar-Free Jell-O
- Trail Mix/Simply Chex
- Water
- Yogurt