



→ IDEAS FOR A ←
HEALTHY
CELEBRATION

Celebrations are more than ice cream and cake. They are about fun, friends, and celebrating accomplishments and milestones. Make your next celebration a healthy one. Try one or more of the ideas below.



	<p>Consider activities that don't focus on food such as dancing or playing games. Or bring in a local comedian or other performer.</p>		<p>Make a watermelon cake instead of a traditional cake for birthdays.</p>
	<p>Serve a variety of fresh fruits and vegetables and play upbeat music in the background.</p>		<p>Celebrate with a fruit bouquet.</p>
	<p>Offer a spa water bar with water flavored with cucumber, citrus fruits, or strawberry slices.</p>		<p>Have a smoothie party! Blend low-fat yogurt with a variety of fresh or frozen fruit.</p>
	<p>Serve desserts that don't exceed 175 calories, do incorporate whole-grain fiber as a main ingredient, and are made with healthy fats.</p>		<p>Make it a B.Y.O.S. salad party. Each person brings just one salad ingredient to share, and when the group comes together everyone gets to enjoy a bountiful salad bar.</p>
	<p>Serve low-fat yogurt parfaits with limited added sugar for a healthy and delicious alternative to an ice cream social.</p>		<p>Serve whole-grain pretzels or popcorn made with a small amount of healthy oil as a healthy snack.</p>

Treat yourself to good health at kp.org/healthyworkforce.