



LIMIT  
'SOMETIMES'  
FOODS

## Festive food ideas

The end of the year is a time for celebrating! When providing food, try some of these 'everyday' food ideas which have a festive twist:

- **Star stacks** use cookie-cutters to cut star shapes out of melon and pineapple, and stack with a toothpick
- **Veggie wreath** use green and red vegetables for example chopped cherry tomatoes, capsicum, snow peas, cucumber. Lay in a circle 'wreath' around a dip such as tzatziki.
- **Fruit Christmas tree** use toothpicks to attach fruit cubes or pieces to a polystyrene cone.
- **Veggie sticks** thread cherry tomatoes and bocconcini cheese onto toothpicks. Be careful of sharp ends for younger children!
- **Festive dips** make a platter with festive-coloured dips such as salsa or beetroot dip, and spinach dip or pesto. Serve with crackers and cheese.
- **Cucumber trees** cut 1cm rounds of carrot to make a tree base. Use a vegetable peeler to cut long strips of cucumber, and fold the strips to create a tree shape. Secure to the carrot with a toothpick. Top with a small piece of carrot or tomato.
- **Frozen fruit smoothie** create three flavours of fruit smoothie and layer them then freeze for a refreshing festive treat. Blend berries and watermelon for the red layer, and mix banana with yoghurt and milk for the white layer. Create the green layer by adding frozen spinach and mango to the banana and milk. Pour these into icy pole molds or paper cups, and insert a paddle pop stick. Freeze until firm, then serve.



With the weather warming up in December, make sure you offer water at your event. Try serving tap water chilled with fruit slices and ice. Berries or cucumber slices can give festive colour to your water jug.

This is a Healthy Tasmania initiative 2019