



**LIMIT  
'SOMETIMES'  
FOODS**

## Festive food ideas

The end of the year is a time for celebrating! Try some of these tasty and delicious ideas with a festive twist:

### Watermelon Christmas trees

slice watermelon into big rounds, then cut into the shape of a triangle, or 'Christmas tree'. Carefully cut away the skin from each side of the triangle to leave a green 'trunk'. This will give kids something to hold onto while they eat!

### Veggie wreath

lay green and red vegetables such as halved cherry tomatoes, capsicum, radishes, snow peas, green beans, celery or cucumber in a circle 'wreath' around a dip such as tzatziki.

### Christmas gingerbread pikelets

give your regular pikelets a Christmas makeover by adding some sweet spices. Give this [gingerbread pikelet recipe](#)<sup>1</sup> a try.

### Festive dips

make a platter with festive-coloured dips such as salsa, beetroot hummus, spinach dip or pesto. Serve with veggie sticks, crackers and cheese. [Families Tasmania dip recipes](#)<sup>2</sup> are delicious!

### Festive fruit salad

combine green and red fruits such as berries, watermelon, grapes, kiwi fruit, pear or apple. Serve with a delicious [pear dip](#)<sup>3</sup>.

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

<sup>1</sup> <https://www.waschoolcanteens.org.au/recipe/christmas-gingerbread-pikelets/>

<sup>2</sup> <https://familiestasmania.org.au/resources/recipes>

<sup>3</sup> [https://familiestasmania.org.au/assets/Lunchbox\\_friendly\\_postcard\\_recipes\\_-\\_Pear\\_dip.pdf](https://familiestasmania.org.au/assets/Lunchbox_friendly_postcard_recipes_-_Pear_dip.pdf)