

# Healthy party options



**We encourage you to bring some healthy and delicious food options to your birthday party at Myuna Farm. Please see some ideas below on what you could bring.**

## **Grazing boards**

Create healthy platters of fruit, vegetables, wholemeal pita bread, rice crackers and veggie dips such as tzatziki, Greek yoghurt, guacamole and hummus. These foods contain important nutrients to help kids grow!



## **Rice paper rolls**

Get the kids involved and make some fresh rice paper rolls. Use some sheets of rice paper and add vermicelli rice noodles, grated carrot and cucumber, shredded lettuce, beansprouts and mint leaves. Add some shredded cooked chicken for a source of protein.

## **Fruit kebabs**

Grab some kebab sticks and add some fresh and colourful fruit. Some popular fruits to add are pineapple, strawberries, oranges, bananas and kiwi fruit. Fruits are high in fibre, vitamins and minerals to keep you healthy.

## **Trail mix**

Put together some trail mix for people to snack on. Include some plain, unsalted and dry roasted nuts such as, almonds, walnuts, brazil nuts or macadamia nuts. You can also add some muesli, dried fruits and unsalted popcorn. Nuts contain important nutrients and provide a source of fibre and protein.

## **Salad sandwiches**

Make some healthy and delicious salad sandwiches. Use wholemeal or multigrain bread with your favourite vegetables like spinach, capsicum, tomatoes and cucumber. You can also add some reduced-fat cheese to the sandwiches for a source of calcium.

## **The environment**

To help the environment, bring your party food on crockery and bring with you cutlery that can be washed and reused. Balloons are NOT biodegradable and can be bad for wild animals. If decorations are essential, opt for paper options such as paper pom poms, paper honeycombs or fans.

## **For more ideas and information check out:**

[Healthy Eating Advisory Service, 'Healthy school celebration ideas'](#).

Created by the Monash Health - health promotion team as part of The Alternate Leisure Initiative.



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