

Factsheets for Early Years settings:

Ideas for celebrating special occasions using healthy food



HEALTHY EARLY YEARS AWARD
Southampton



Chinese New Year

Noodles, stir-fries



Halloween

Cooked pumpkin, homemade pumpkin soup, winter vegetable kebabs



Christmas

Snowman (made using crackers, cream cheese, carrot for nose, grapes for eyes), Snowman sandwiches on a sticks (with sliced apples in the shape of Christmas tree leaves and mini breadsticks for trunk), Christmas kebabs - all good snack or meal options



Easter

Hard boiled eggs with coloured shells (snack or meal), Hot cross buns (as a baked pudding option)



Pancake Day

Snack time – plain pancakes with fillings like ham & cheese. Desserts – plain pancakes with fruit-based fillings (e.g. stewed apple & cinnamon; mango & natural yoghurt; strawberries & crème fraiche)



Ramadan

Moon-shaped pitta/naan with hummus; mango cubes; apricot slices; plain yoghurt with cucumber grated into it, served with pitta strips



Hannukah

Potato latkes



Diwali

Mix & roll own chapattis, Naan bread / chapatti with cucumber dip (plain yoghurt with cucumber grated into it)