Factsheets for Early Years settings: Ideas for celebrating special occasions using healthy food





Chinese New Year Noodles, stir-fries



Halloween Cooked pumpkin, homemade pumpkin soup, winter vegetable kebabs



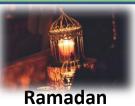
Christmas

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



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)



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

> Hannukah Potato latkes



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



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

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