



**10 tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
**Dietary  
Guidelines  
for Americans**

# Make celebrations fun, healthy, and active

**Eating healthy and being physically active can be a fun part of parties and events.** Great gatherings are easy to have when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

**1 Make healthy habits part of your celebrations**  
Although food and beverages are a part of many events, they do not have to be the center of the occasion. Focus on activities that get people moving and allow people to enjoy each other's company.

**2 Make foods look festive**  
Add a few eye-catching vegetables to a favorite dish or a new recipe. Add a sprinkle of herbs or spices to make the dish pop. Cut foods into interesting shapes.

**3 Offer thirst quenchers that please**  
Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting.

**4 Savor the flavor**  
Take time to pay attention to the taste of each bite of food. Make small, healthy changes to your recipes or try dishes from another culture to liven things up.

**5 Let MyPlate be your guide**  
Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole-grain pasta or brown rice and veggies to make a savory, healthy salad.



**6 Make physical activity part of every event**  
Being physically active makes everyone feel good. Dancing, moving, and playing active games add fun to any gathering.

**7 Try out some healthier recipes**  
Find ways to cut back on added sugars, salt, and saturated fat as you prepare your favorite recipes. Try out some of the recipes on [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).

**8 Keep it simple**  
Have others participate by contributing a healthy prepared dish, helping with the cleanup, or keeping the kids active.

**9 Shop smart to eat smart**  
Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

**10 Be a cheerleader for healthy habits**  
It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.