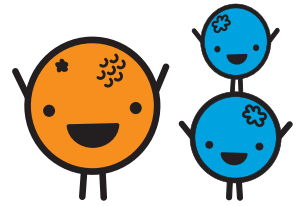


powerUP your party!



It's fun to celebrate birthdays, holidays and other special occasions with loved ones. It brings people together and creates lasting traditions. But, you may have noticed some celebrations becoming overly centered on sugary foods and drinks.

Why not bring some of these tasty treats to the party? Whether a centerpiece, side dish or dessert, fruits and veggies are a yummy way to add color, fun and creativity to any celebration. Plus, it's another way for everyone to power up and try for five!

BETTER THAN CANDY!

"When my third-grader's birthday came around this year, we decided together not to bring the typical candy and cupcakes to school. We decided instead to bring a Make-it-yourself Parfait. I let her pick out the fruit, yogurt and granola, plus fun cups for kids to make their own.

She wondered what her classmates would think and if they would like her birthday snack.

When she came home that day she said, "MOM, everyone LOVED it! One boy even said it was better than candy!"

That was music to my ears! We won't be sending candy and cake to school anymore. We both hope that other parents will send better options too."

— Sara, mom of a 9-year-old daughter

Find more
yummy
creations at
powerup4kids.org/recipes

Play with these party recipes!

From left to right: Banana berry ice cream; Blueberries with lemon cream; Fruity pan-cake kabobs, all found on powerup4kids.org/recipes.



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PLAY WITH YOUR FOOD!

Looking for new, fun ways to celebrate? Step aside cupcakes — these fruit and veggie creations are sure to be crowd pleasers.

PARTY PLATTERS



SEASONS AND HOLIDAYS



ANYTIME TREATS

