

# Celebration ideas for the kitchen

Early childhood

Send a healthy message with healthy eating days! Here are some ideas for fun and healthy food themes.

## Top tips for success

- Plan a calendar of promotions at the start of each year or term
- Plan well in advance and promote extensively to ensure their success
- Link in with the curriculum to reinforce nutrition messages
- Decorate the centre to get everyone excited



## Health days

Your calendar of promotions could include weekly activities or one-off events, such as:

### Fruitilicious Fridays

Offer additional fruit snacks and drinks

### Veggie or Veg Out Wednesdays

Trial a different vegetable recipe each week, such as stuffed eggplants or pumpkin pie



## Celebration ideas for the kitchen

### Wrap It Up! Day

Trial a new wrap or roll filling, such as chicken satay and salad wrap

### Super Smoothie Day

Trial making smoothies one day a week, using fresh or frozen fruits – a popular combination is fresh strawberries with half a banana, a dollop of reduced fat natural yoghurt, a drizzle of honey and reduced fat dairy or soy milk.



## Cultural events



### Explore the Orient

(e.g. for Chinese New Year in February)

- Stir-fried noodles with vegetables
- Chicken and corn soup
- Steamed vegetable spring rolls, sushi/nori rolls or Vietnamese rice paper rolls



### A 'Taste of Italy' day

- Healthy pizzas made from pita bread, tomato pasta sauce and healthy toppings, such as plenty of vegetables, lean meat and reduced fat cheese
- Vegetarian wholemeal pasta served with a bean bolognese sauce and sprinkled with a reduced fat cheese (ricotta or cheddar)
- Garlic bread fingers: bread lightly brushed with olive oil, with crushed garlic and then toasted



### Mexican Fiesta 'Amigo Amigo'

- Make burritos with Mexican style lean beef mince, salsa, avocado and a squeeze of lime
- Mexicana toasted sandwiches with salsa, black beans and grated reduced fat cheese
- Taco boats that use an iceberg lettuce leaf for the taco shell, served with guacamole and toasted tortilla triangles

## Celebration ideas for the kitchen



### Greek day

- Offer a Greek salad of cucumber, tomato, reduced fat feta, pitted olives and dressing
- Dip and focaccia pack: featuring a small piece of focaccia with hummus and tzatziki dips on a paper plate
- Souvlaki wraps: made from lean chicken, mince patties, sliced steak or lamb with salad and tzatziki served in pita bread



### 'Bon Appetite' day

A celebration of French cuisine

- Baguettes filled with cheese and salad, or meat and salad
- Vegetable quiche (pastry free)
- Ratatouille served with couscous
- Crepes with fresh fruit and yoghurt, or a drizzle of honey



### Multicultural day

- Offer a variety of different multicultural foods and link with the curriculum

## Sporting events



### Olympic Games or Commonwealth Games

#### A 'Green and Gold' food day:

- Olympic Pizza with green and gold toppings, such as spinach, capsicum, pineapple and reduced fat cheese
- Pineapple pieces in natural juice with low fat custard
- Banana smoothies made with low fat milk

## Celebration ideas for the kitchen

### Calendar events



#### FEBRUARY

##### Valentine's Day

- Red or pink food and drinks: offer strawberry smoothies, red grapes, watermelon slices, red jelly with diced strawberries, raspberry wholemeal mini muffins.
- Watermelon Whizzes: puree seedless watermelon in a blender. Pour into small plastic cups and freeze. Serve with a small spoon.
- Be My Valentine: thread strawberries (minus husk) onto an icy pole stick, dip in plain or strawberry reduced fat yoghurt and roll in desiccated coconut (see picture). Great fresh or frozen.

##### Chinese New Year

Dates vary, from late January to early March. Check calendar for dates.

- Stir-fried noodles with vegetables.
- Chicken and corn soup.
- Egg rolls, steamed vegetable spring rolls or steamed dumplings.



##### Shrove Tuesday

Hold a special pancake breakfast or offer sweet or savoury hot pancakes for lunch (use a healthy recipe), e.g. wholemeal pancakes with sliced banana or mixed berries with yoghurt, or chicken, tomato and reduced fat cheese.

#### MARCH

##### St Patrick's Day (17 March)

- Serve food and drinks that are green in colour – green grapes in green jelly, canteen made garlic bread with parsley, green apple mini muffins, pesto pasta, dip and sticks using cucumber, green capsicum, celery and snow peas as the veggie sticks.
- Decorate the canteen with a green theme – cut outs of four leaf clovers, green streamers or green balloons. Get the students involved by advertising for volunteers to help decorate the canteen.



##### Harmony Day (21 March)

A day to celebrate all Australians, regardless of heritage or cultural background.

- On this day, decorate the canteen with flags from around the world, especially include the Aboriginal flag.
- To celebrate in the canteen, you could design a special Harmony Day menu.
- Try these inexpensive, student-friendly recipes to celebrate Australia's cultural diversity:
  - kangaroo burgers (Australian)
  - spaghetti and meatballs (Italian)
  - mango lassi (Indian)
  - pork rice paper rolls or vegetable fried rice (Chinese).



## Celebration ideas for the kitchen

### Calendar events (c'ued)



#### APRIL

##### Easter

Dates vary from March to April. Check calendar for dates.

- Decorated eggs: sell hard boiled eggs as snacks, their shells decorated with food dye.
- Bunny Buns: mini hot cross buns, with reduced fat cream cheese, sliced banana and honey.
- Hot cross buns: select wholemeal varieties or mini sized hot cross buns. Serve with a thin spread of margarine or ricotta mixed with a splash of vanilla essence.

##### Anzac Day (25 April)

Serve food and drinks that are green and yellow in colour. See St Patrick's Day in March section for green food ideas, or try the following gold and green ideas:

- Golden corn on a cob
- Juicy green grapes set in yellow jelly
- Gold and green mini muffins, using reduced fat cheese, green capsicum and tomato
- Freshly diced green apple or pear served with golden custard



#### MAY

##### National Health Week

Visit [www.heartfoundation.org.au](http://www.heartfoundation.org.au) for further information.

- Red food and drinks: offer special foods that are red in colour (refer to Valentine's Day in February section).
- Healthy Heart Burger: fish fillet, mashed avocado and salad in a toasted wholemeal bun.
- Food for the heart: salmon and mixed vegetable frittata, tuna and sweet potato patties or warming minestrone soup.

##### Shavuot (mid May)

Dairy foods are eaten traditionally on this Jewish celebration day. See Healthy Bones Week in August section for dairy food ideas.

#### JUNE

##### Start of winter

- Winter Warmer Day: launch new winter menu items such as canteen made lasagne, chunky veggie and pasta soup, stewed apple with reduced fat custard.
- BYO Soup Mug Day: soups could include pumpkin, minestrone, or chicken and corn.

##### Red Nose Day (last Friday in June)

- Red food and drinks: refer to Valentine's Day in February section.
- Red Nose Pizzas: garnish pizza faces with cherry tomato halves as 'red noses'.



## Celebration ideas for the kitchen

### Calendar events (c'ued)



#### AUGUST

##### Healthy Bones Week

Visit [www.healthybones.com.au](http://www.healthybones.com.au) for further information.

Offer dairy-based snacks, foods and drinks, such as:

- Reduced fat cheese cubes or slices.
- Ants on a Log: celery sticks filled with reduced fat cream cheese and sultanas across the top.
- Smoothies e.g. Building Bones Bananarama Smoothie, Super Strong Strawberry Smoothie.
- Reduced fat yoghurts with 100% fruit coulis.

#### SEPTEMBER

##### Jewish New Year – Rosh Hashanah

To celebrate Jewish New Year, serve sliced apples with a dollop of honey. This sweet treat symbolises the wish for a sweet new year.



#### OCTOBER

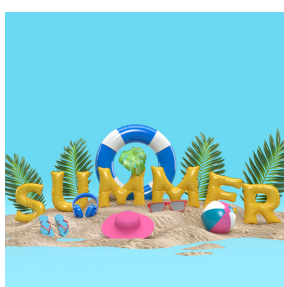
##### National Nutrition Week

Visit [www.nutritionaustralia.org](http://www.nutritionaustralia.org) for further information.

Check out what Nutrition Australia is doing and get involved by choosing some healthy themed recipes for the school canteen.

##### Halloween (31 October)

- Decorate the canteen with pretend cobwebs and bat cut-outs (buy cobwebs from a costume shop and make bats using black A4 paper and a stencil).
- Serve pumpkin-based recipes and 'scary titled' foods, such as:
  - Spooky Pumpkin Soup
  - Pumpkin Pita Bread Pizzas with mozzarella, rosemary and pine nuts.
  - Eye Popping Soup: button mushrooms floating in tomato soup.
  - Scary Eyeball Jelly: jelly with purple grapes.



#### DECEMBER

##### Start of Summer

Hold a 'Cool Summer' or a 'Groovy Smoothie' day and offer different smoothie mixes:

- Bananarama: banana and strawberries.
- A Day in the Orchards: peaches, plums and pears.
- Life's a Beach: coconut and mango.

##### Christmas

- Christmas Lovers' sandwich: lean ham or turkey, roast vegetables, cranberry sauce.
- Plum muffins: using canned plums instead of the traditional plum pudding.

#### Top tips for success

- Promote the theme days at least two weeks in advance.
- Promote through the newsletter and on A4 posters, or on the notice boards (if relevant).
- Ask educators to assist with the promotion by reminding parents during pick-up.