

## Healthy Celebrations

For your family gatherings in December and January, find ways to keep your gatherings faith-focused, fun, and stress-free. Keep the gatherings simple. Put more of the focus on sharing the love of Christ and building family memories.

**Try these ideas for quick healthy foods, and fun activities at your celebrations and gatherings.**

### Healthy Party Foods:

- Fresh vegetables and dip
- Fruit with low-fat yogurt dip
- Low-fat cheese cubes
- Baked whole grain tortilla chips and salsa
- Fruit kabobs
- Hummus and whole-grain pita
- Lightly-salted popcorn
- Thin crust pizza topped with vegetables and less cheese:

### Ideas for Adding Activity:

- Dance party
- Active games like basketball or kick ball
- Group walks

Contact Chris Blanke at [blanke.christine189@gmail.com](mailto:blanke.christine189@gmail.com) to learn more about parish health ministry. Visit the Facebook page at <https://www.facebook.com/healthministryNebraskaDistrict/>.