Make Celebrations Fun, Healthy and Active

1. Make healthy habits part of your celebrations
Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2. Make foods look festive
Decorate foods with nuts or seeds or cut vegetables and fruit into fun shapes. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3. Offer thirst quenchers that please
Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a “float” by adding a scoop of fruit sorbet to seltzer water.

4. Use ChooseMyPlate.gov to include foods from the food groups for your party
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 grains and veggies to make a savory, healthy salad.

5. Make moving part of every event
Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

In Season: Lots of Fruits and Vegetables
Many fruits and vegetables are coming into season and ripening quickly with the summer sun. While visiting your local market, look for these products: Apricots, blueberries, cherries, peaches, yellow and green beans, beets, broccoli, cabbage, cucumber, lettuce, onions, potatoes, radishes, summer squash and tomatoes. Don’t forget to use your Farmers’ Market Nutrition coupons or your WIC fruit and vegetable check!
With your child, head to the nearest public library and borrow “Farmers’ Market” by Paul Brett Johnson. It tells the story of one family’s life who grow and sell produce at their local farmers’ market. Read the story with your child, then head to your local farmers’ market and talk about how your farmers’ market is similar and different from the market described in the book. While you are at the market, encourage your child to choose one fruit or vegetable they would like to try and purchase it so that your whole family can try something new.

**Cucumber Yogurt Dip**

**Serving Size:** 1/6th of recipe  
**Serves:** 6

**Ingredients:**

- 2 large cucumbers
- 2 cups plain yogurt, low-fat
- ½ cup sour cream, non-fat
- 1 tablespoon lemon juice
- 1 teaspoon dried dill weed
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots

**Directions:**

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix grated cucumber, yogurt, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter.
4. Serve with dip.

**Nutrition Facts:** Serving Size: 1/6th of recipe, 100 calories, 14 calories from fat, 1.5g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 120mg sodium, 16g total carbohydrate, 2g dietary fiber, 10g sugar, 6g protein, 120% vitamin A, 20% calcium, 35% vitamin C, 6% Iron.

**Building Strong and Vibrant New York Communities**

The EFNEP program provides nutrition education to low-income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings. Class topics include:
- Get Moving
- Fruits and Vegetables
- Go Lean with Protein
- Shop, Plan, Save
- Build Strong Bones
- Make a Change
- Whole Grains
- Celebration

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations. Class topics include:
- Cutting Back on Sugary Drinks
- Fruits and Vegetables
- Make Half your Grains Whole
- Power up with Breakfast
- Read It Before You Eat It
- Healthier Foods Fast

If you or your organization is interested in scheduling classes, please call your local nutritionist.

**607-664-2300**

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