

Nourishing celebrations

Celebrations are a time to come together and share special moments as a centre. Nourishing celebrations can look like activities that:

- support children to strengthen their hauora (wellbeing) and
- foster a positive food environment.

These tips are based on information from the Heart Foundation.

CELEBRATING WITH FOOD

- include fruit and vegetable platters
- swap crackers for pita bread triangles
- offer yoghurt, hummus, and salsa as dips for finger food
- instead of cake, try a fruit or veggie-based loaf

CELEBRATING WITHOUT FOOD

- cultural games
- arts and crafts
- dance and music
- reading a new book

Involve whānau with the planning and celebration day. For example:

- preparing food e.g. chopping food into smaller pieces for sharing
- organising and/or participating in play, arts and crafts, and performances



Promote celebrations and events as water-only. Add washed fruit slices and fresh herbs to water jugs

Consider moving the celebration's focus away from food. Involve more play, arts and crafts, and performances



Think about creating a celebrations policy with whānau. This can help whānau understand your centre's commitment to nourishing celebrations

