

HO HO HO!



Embrace the festive spirit with these creative, healthy food and activity ideas:



- ♥ DIY Christmas trees and decorations
- ♥ Make snowmen using strawberries and yoghurt
- ♥ Santa-sack and reindeer races
- ♥ Make a Santa themed veggie tray
- ♥ Make gingerbread men and candy canes with play-dough
- ♥ Cut fruit and vegetables into festive shapes
- ♥ Give to those in need by donating to a local foodbank
- ♥ Sing Christmas carols with actions
- ♥ Perform a Christmas dance for whānau

Browse our [Healthy Celebrations Book](#) for more fun ideas and recipes to celebrate Christmas.