

Kitchen Stewardship Healthy Christmas Party

SUPPLY LIST

Vegetable Christmas Tree

- ☐ **Large plates**
- ☐ *For the tree:* **flat pea pods** ("snow peas"), about 6 – 8 per child, washed
- ☐ *For the ornaments:* **pomegranate seeds** (one pomegranate should cover a whole class) – substitute options include dried cranberries or fresh raspberries cut in half
- ☐ *For the star:* **a slice of starfruit** (8-10 slices per fruit) OR **diamond shapes cut from a pineapple** (one large pineapple should cover a whole class) OR a star shape cut from a pineapple (cut from the center of the pineapple – you might need two pineapples for a class)
- ☐ *For the trunk:* **one cinnamon stick per child** (optional, not edible)

Fruit Christmas Tree

- ☐ **Large plates**
- ☐ *For the tree:* **clementine orange slices** (6 per child, about $\frac{3}{4}$ of a clementine)
- ☐ *For the star:* **a slice of starfruit** (8-10 slices per fruit) OR **diamond shapes cut from a pineapple** (one large pineapple should cover a whole class) OR a star shape cut from a pineapple (cut from the center of the pineapple – you might need two pineapples for a class)
- ☐ *For the trunk:* **one cinnamon stick per child** (optional, not edible)

Fruity Candy Cane

- ☐ **Large plates**
- ☐ **Sliced bananas** (about $\frac{3}{4}$ banana per child)
- ☐ **Sliced strawberries** (2 large or 3 medium strawberries per child)

Festive Ice Cubes

- ☐ **Fresh cranberries** (or raspberries, dried cherries, chopped strawberries, pomegranate seeds)
- ☐ **Fresh parsley, thyme or mint** (or cucumber skins, spinach leaves)

Snowman Wrapper (supplies for each group)

- ☐ 1 roll toilet paper
- ☐ Two eyes (cut out of black construction paper)
- ☐ One orange carrot nose (cut out of orange construction paper)
- ☐ 3 coal buttons (cut out of paper or use real buttons)
- ☐ Roll of good tape
- ☐ Optional: "corn cob pipe" (party favor noise maker), Hat or bow (from wrapping presents), Scarf

Snowball Popper

- ☐ Medium-size paper cups (about 9 oz.) (one per popper)
- ☐ Balloons (make sure no latex allergies in class) (one per popper)
- ☐ Scissors
- ☐ Paring knife
- ☐ Masking tape
- ☐ Pom pom craft balls (less than one-inch diameter)

More details and photos at [Kitchen Stewardship](http://KitchenStewardship.com).

Food Options: Choose 1 or 2

- ☐ Popcorn (homemade using coconut oil is great)
- ☐ Cheese slices cut with holiday cutters
- ☐ Red pepper slices with homemade guacamole or homemade blender hummus
- ☐ Carrot sticks and raisins for “melted snowmen”
- ☐ Homemade ranch dressing to go with the veggie Christmas tree

Additional Crafts/Activities

- ☐ **Pasta snowflakes:** pasta, glitter, tissue paper, glue, paper, paint, misc. craft supplies
- ☐ **Build your name:** bubble letter print-outs, holiday-colored candies, glitter, cotton balls
- ☐ **See-through Ornaments:** clear contact paper, bits of craft scraps/paper, leaves, pine needles, glitter
- ☐ **Christmas picture frame:** jumbo craft sticks, hot glue gun and glue OR foam craft frames and foam stickers
- ☐ **Holiday word build:** Print-outs of holiday words

GAMES/ACTIVITIES DIRECTIONS

Snowman Wrapper

Teams of four or five children race to see who can wrap up their “snowman” (one team member) the fastest. When one roll of toilet paper is gone, they put faces and buttons (and any other decorations) on their snowman and raise their hands to see if they won. Be sure to take pictures!

Pasta Snowflakes

On a piece of paper have kids glue pasta in the shape of a snowflake. The snowflake can be decorated with glitter and tissue paper. Older children can paint the pasta as well. Younger children may need a snowflake printout.

Build Your Name

Print out bubble letters of each child’s name. Allow them to glue holiday colored candies and glitter to decorate the name. Optionally you can simply use cotton balls to look like snow.

See-Through Ornaments

Put down clear contact paper, sticky side up. Allow the kids to decorate it with bits of craft scraps, leaves pine needles, glitter, etc. Then put another sheet of contact paper over the top to stick it all together. Cut it into shapes to make ornaments.

Christmas Picture Frames

Hot glue (parent job) jumbo craft sticks together or use blank foam picture frames. Decorate with stickers, glitter, etc. for a holiday photo frame.

Holiday Word Build

See how many words can you make out of “Merry Christmas” or “Happy Holidays” before the time is up.

Snowball Poppers

Directions to construct the poppers:

Each child will need their own popper. I recommend having all of them ready before the party – they're way too tricky for small hands to make on their own. Do the activity in rotating stations or centers with the food art and another craft so you don't have to make so many.

1. Cut the bottom out of the cup, leaving the rim for stability. I found a paring knife was easier than scissors.
2. Snip the very tip of the balloon off. Cut off less than you think since you can always make the hole bigger but can't go backwards.
3. Tie the balloon as if you've just filled it, but with no air in it.
4. Stretch the balloon over the bottom of the cup. You'll need two hands and a little practice. If you allow the cup to bend quite a bit, that will help.
5. I recommend adding one piece of masking tape all the way around so your creation holds together under kid power.
6. Place a poof ball in the bottom, centered on the balloon (a cotton ball would work but would have more "drag" and not go as far or fast). Hold the cup with one hand and pull the knot of the balloon with the other. Ready, aim, POP!

Directions to play the popper game:

You have a few options for what to do with the poppers.

1. **Play catch in pairs.** Two kids pair up, starting close together, and try to pop the poof ball into the other person's cup. No winners, just lots of fun.
2. **Snowball catch challenge.** (for older kids) Like the classic water balloon toss. After some practice, pairs of kids line up against each other in two parallel lines. The adult counts down and everyone pops their poof ball toward their partner at once. Anyone who drops is out; anyone who completes a toss takes a step backward for round two, and so on. The winners are the last ones standing.
3. **Bullseye practice.** Choose a target – either a bullseye drawn on the board, a few cups standing on a desk, or a couple paper plates taped to the wall. After some practice, kids can pop their poof balls at the targets and earn points for direct hits. Winner has the most points after a certain period of time or certain number of pops (decided beforehand).
4. **Individual challenge:** Each person tries to pop the poof ball straight up and catch it in their own cup as many times in a row as they can without a miss. Highest consecutive number wins!