**Cherry Tomato Hearts**

**Ingredients**

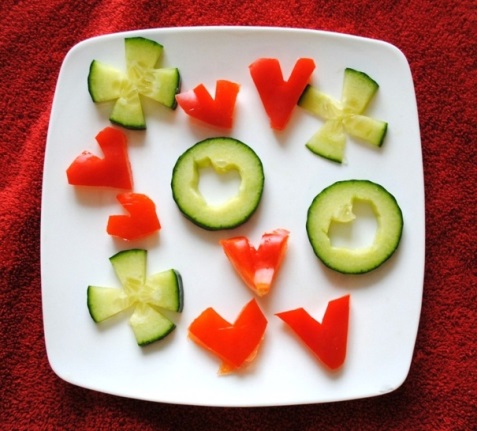
* Grape Tomatoes
* Toothpicks

**Instructions**

Slice the bottom of two grape tomatoes on an angle. Using a toothpick thread the two tomatoes together to form the shape of a heart. Serve with dip.

Recipe adapted from: <http://www.recipebyphoto.com/cherry-tomato-hearts/>

**Veggie X’s & O’s**



**Ingredients**

* Cucumber
* Red Pepper

**Instructions**

Cut cucumber creating round slices and carve a heart shape in the centre and/or carve the slice to form an X. Slice red pepper into 4-6 pieces. Carve pieces to form the shape of a heart. Serve with dip.

Recipe adapted from: <http://www.pinterest.com/pin/510595676473114917/>

**Red Fruit Skewers**

[](http://4.bp.blogspot.com/-osyi2ZypBmY/TzQG07vZTXI/AAAAAAAADwk/-kCOaCu8bcw/s1600/IMG_5389.JPG)**Ingredients**

* Strawberries
* Watermelon
* Red Grapes
* Toothpicks

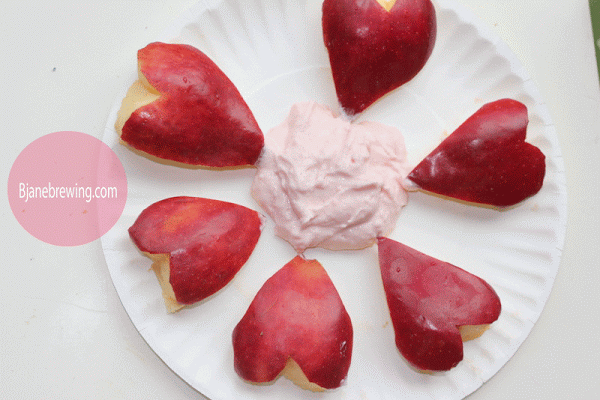
**Instructions**

Using a toothpick thread a strawberry, watermelon cube and grape to create a red fruit skewer.

Recipe adapted from:

<http://fullplatecookinglessons.blogspot.ca/2012/02/healthy-valentines-snack-idea-mini-red.html>

**Apple Hearts**

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**Ingredients**

* Apples
* Strawberry or Raspberry Yogurt

**Instructions**

Slice apples into 4-6 pieces. Carve pieces to form the shape of a heart. Place on a plate and serve with strawberry or raspberry yogurt in the centre.

Recipe adapted from: <http://www.bjanebrewing.com/2012/02/apple-hearts-ready-for-dunking.html>

**Healthy Hearts**

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**Ingredients**

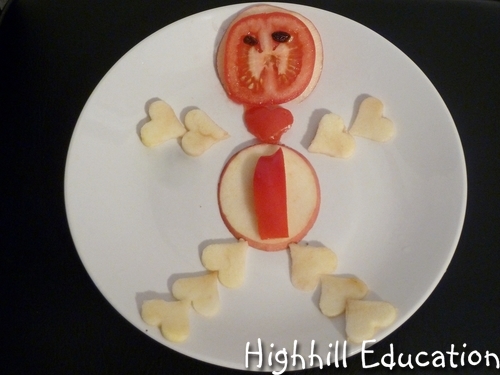
* Watermelon
* Orange
* Skewers

**Instructions**

Using a heart-shaped cookie cutter cut out watermelon slices. Poke a skewer through the heart. Complete the arrow with an orange slice tip and tail.

Recipe adapted from: <http://spoonful.com/recipes/healthy-hearts>

**Your Very Own Valentine**

**Ingredients**

* Apple
* Strawberry
* Tomato
* Red Pepper
* Raisins

**Instructions**

Using a small heart-shaped cookie cutter cut out apple slices for arms and legs. Use a round apple slice to form an apple belly and apple head. Place a round tomato slice on top of the apple head. Use red pepper or strawberry pieces to form the neck and belly. Use two raisins to form the eyes.

Recipe adapted from:  
<http://highhillhomeschool.blogspot.de/2013/02/healthy-valentines-day-snacks-for-kids.html>

**Heart Kabobs**

**[](http://www.parents.com/holiday/valentines-day/recipes/sweet-talk-valentines-day-treats/?page=6)Ingredients**

* 1 cantaloupe
* 1 honeydew melon
* ½ watermelon
* 1 six ounce container plain yogurt
* 1 tablespoon frozen orange-juice concentrate, thawed
* 1 tablespoon honey
* Ice-Pop Sticks

**Instructions**

Kabobs: Cut fruit into 1-inch-thick slices. Using a small heart-shaped cookie cutter, cut hearts from melon slices. Poke a hole in each heart with a toothpick, going from top to bottom. Thread fruit on ice-pop sticks.

Dip: Stir together yogurt, orange juice concentrate and honey until well combined. Serve with hearts.

# Recipe adapted from: <http://www.parents.com/recipe/desserts/heart-kabobs/>

**Dried Heart Strawberries**

**Ingredients**

* Strawberries
* Salt and Pepper (optional)

**Instructions**

Halve or quarter strawberries, depending on their size. Place on a baking sheet. Lightly season with salt and pepper (optional). Dry in the oven for 3 hours at 1000C / 2100F to create dried heart strawberries.

Recipe adapted from: <http://www.theworldwidegourmet.com/recipes/dried-strawberries-ruscalleda/>

**Raspberry Lemon Smoothie**

**Ingredients**

* ****2 cups milk (2% or less)
* 2 cups frozen raspberries
* ½ cup lemon or vanilla flavored yogurt
* 2 tsp grated lemon zest
* 2 tbsp liquid honey

**Instructions**

In a blender, combine milk, frozen raspberries, yogurt, lemon zest and honey. Puree until smooth. Pour into

Image from: [www.asplashofvanilla.com](http://www.asplashofvanilla.com)

glasses, serve immediately. Yields 2-4 servings.

Recipe adapted from: <http://www.dairygoodness.ca/recipes/sensational-smoothies/(p)/preview>

**Strawberry Banana Smoothie**



**Ingredients**

* 1 cup milk (2% or less)
* ½ cup frozen strawberries
* ½ banana
* 1/4 cup plain yogurt
* 1 tbsp liquid honey

**Instructions**

In a blender, combine milk, strawberries, banana, yogurt and honey. Puree until smooth. Pour into glasses, serve immediately. Yields 2 servings.

Image from: [itsallabouttheflavour.tumblr.com/](http://itsallabouttheflavour.tumblr.com/)

[Recipe adapted from: http://www.canadianliving.com/food/strawberry\_banana\_smoothie.php](file:///C:\Users\christina.tucker\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVRZ005A\Recipe%20adapted%20from:%20http:\www.canadianliving.com\food\strawberry_banana_smoothie.php)

**Valentine Veggie Flowerpots**

**Ingredients**

* Cucumber
* Celery
* Cauliflower
* Broccoli
* Carrots
* Grape Tomatoes
* Toothpicks or Skewers
* Reusable Plastic Cup

**Instructions**

Fill the bottom of the cup with pieces of cauliflower, broccoli, cumber slices and celery sticks. Using a toothpick or skewer, thread carrots, grape tomatoes and carved cucumber pieces to form flowers in a pot. Serve with dip.

Recipe adapted from: <http://www.pinterest.com/pin/206954545346409606/>

**Valentine Fruit Platter**

**Ingredients**

* Watermelon
* Green or Red Grapes
* Kiwi
* Strawberries and/or Raspberries
* Blueberries

**Instructions**

Slice watermelon into large pieces. Using a heart-shaped cookie cutter, cut out hearts and place in a bowl with strawberries and/or raspberries, kiwi pieces and grapes. Fill empty heart-shaped spaces of

watermelon slices with blueberries, strawberries

and/or raspberries.

Recipe adapted from: http://withrawintentions.com/

**Fun Valentine Gift Ideas**

**Valentine Fruit Basket**

**Instructions**

Be creative and use a fun pun to go with your Valentine’s favourite fruit or vegetable.

Adapted from: http://alphamom.com/family-fun/holidays/free-printable-lunchbox-notes-tags-stickers/

**You rule! Valentine’s Rulers**

[](http://3.bp.blogspot.com/-L3nzecuB6AM/URg7HFTG5TI/AAAAAAAAGZU/kMzcYWP7yXk/s1600/photo+2-28.JPG)**Instructions**

Attach a Valentine card to a ruler that states “You Rule.” A fun non-food gift idea for the whole class!

Adapted from: <http://www.fullplatecookinglessons.blogspot.ca/2013/02/you-rule-valentines.html>

For more information or to share your Healthy Celebrations Ideas

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