

# CHRISTMAS MORNING SNACK BOARD

1

## CHOOSE YOUR BASE

Holiday plate  
Paper plate  
Fancy charger  
Anything in Your Cupboard



2

## SELECT FOOD CATEGORIES

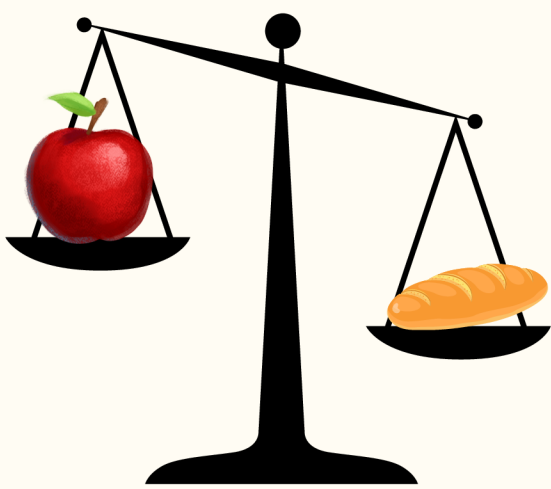
Fruit: apple, pear, berry, banana  
Vegetable: carrot, cucumber  
Fiber: cracker, popcorn, dried fruit  
Fat: nuts, nut butter, avocado  
Protein: cheese, meat, yogurt



3

## PREPARE THE FOOD

- Wash and dry fruits and vegetables.
- Cut into bite-sized pieces (cheese, veggies, fruits).
- Prepare dips and pre-sliced items if needed.



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## BALANCE THE CATEGORIES

- Make sure there's a balance of protein, fat, & fiber or produce, grains & protein.
- Avoid overcrowding your board.

5

## STYLE YOUR BOARD

- Use festive colors (red, green, gold) and holiday-themed elements (shaped foods, garnishes like rosemary, pomegranate seeds).
- Organize the food in creative patterns (stars, trees, wreaths).



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## SIMPLE HACKS

- Buy pre-made elements (deli meats, cheeses, crackers, fruit trays, granola bars, yogurt cups)
- Use a fun holiday plate to elevate your snacks instantly without any fuss.

