

Party Food for Kids

Planning and food tips

Kids love a party, but they can be tricky to cater for.

Try these ideas to make your next kid's party tasty and fun.

Keep it simple

Include everyday foods:

- Sliced fresh fruit like oranges, kiwifruit, watermelon and rockmelon.
- Seasonal fruit like berries, stone fruits and grapes (cut up for children under three).
- Fruit kebabs can be fun way to serve fruit (cut up fresh fruit on a popsicle stick).
- Wholegrain crackers and breads with dips like hommus, tzatziki, salsa or beetroot.
- Fruit bread or buns.
- Yoghurt or custard in cups topped with fruit.
- Cheese and vegetable platter. Make it fun by serving pieces on toothpicks (for older kids).
- Simple sandwiches like cheese, tomato, roast meat and egg. Cut them up into ribbons, triangles or fancy shapes.
- Nibble platter - a mix of fruit, vegetables, dried fruit, cheese, meatballs, boiled eggs wholegrain crackers and breads.

Foods that need a bit more time to prepare

Think 'easy to eat' like finger food and food that can be held in small hands:

- mini pizzas
- muffin quiches (quiche mixture cooked in muffin tins)
- pizza scrolls - filled with tomato, capsicum, mushroom, pineapple, ham and cheese
- meat or chicken balls
- vegetable pikelets or fritters
- homemade sausage rolls

Drinks

- Water is the best drink. Have jugs on the table. If you are out of the home, ask children to bring their own water bottle. It is a good idea to bring extra water to offer as well.

Food safety tips

- Eskys and ice-blocks can be used to keep fresh food cool if refrigerator space is limited.
- Don't put all the food out at once to avoid food waste. Refill platters as needed.
- Refrigerate leftovers and use within one to two days.

Other things to think about

When planning your party, think about any special dietary needs. Check with parents beforehand about any allergies or intolerances.

Keep children away from cooking areas to avoid burns.

Plan plenty of games and activities to keep children busy and having fun. Outdoor parties are great for this.

What about those traditional foods?

If you are serving birthday cake, consider making this the main sweet item of the party.

While parties are a good chance to celebrate with foods like chips, savoury meats, biscuits, lollies and chocolate try not to let these foods be the main fare. Serve some of these foods alongside all the types of food on offer. Let children decide what and how much they eat.