

## [Healthy, Thrifty Holiday Meals](#)

### **Make Tasty, Affordable Holiday Menus with SNAP-Ed Connection recipes!**

Each menu has vegetarian options.

All recipes meet the USDA MyPlate Kitchen Criteria. Menus were not designed to meet requirements for any USDA or other government food assistance program.

Click on the month to find holiday recipes.

- [January](#)
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### **Sample Holiday Meals**

**[New Year's Day](#)**: New year, new resolutions. Black-eye peas are a traditional New Year's dish for some people and a healthy way to start the year. Visit [Healthy Eating with MyPlate](#) to get resources on fruits and vegetables, whole grains, protein, and dairy.

**[Game Day](#)**: A collection of snacks to keep people fueled during the big game. [Indoor physical activities](#) can be done during time outs and commercial breaks.

**[Valentine's Day](#)**: This heart-healthy meal is a great way to say, "I love you!" MyPlate includes lean proteins for heart health. You can find more resources for

fruits and vegetables, whole grains, protein, and dairy from [Healthy Eating with MyPlate](#).

**[Ramadan](#)**: A meal that is full of nourishing, hydrating, and delicious foods is perfect during the month of Ramadan.

**[St. Patrick's Day](#)**: These lower-fat and sodium alternatives to traditional favorites still celebrate the day in a tasty way! If you are looking for more resources for your SNAP-Ed Cooking class, there is a whole section of [Cooking](#) resources.

**[Easter](#)**: A collection of fresh flavors for a spring day that also makes use of the eggs gathered in a morning hunt!

**[Passover](#)**: A delicious and nourishing meal to share with friends and family at Passover.

**[Cinco de Mayo](#)**: This Latin-inspired menu includes fresh, healthy flavors.

**[Mother's Day](#)**: This healthy, homemade breakfast menu is a great way to make Mother's Day a special day for moms and grandmothers.

**[Father's Day](#)**: A great menu for treating dad to a tasty, homemade meal to say "thanks" for all he does.

**[4th of July](#)**: Indoors or out, this summer menu makes the most of seasonal favorites.

**[Farmers Market Week](#)**: A trip to the Farmers Market is a great way to start a delicious meal. Learn about [Farmers Markets](#) in SNAP-Ed!

**[Labor Day](#)**: Celebrate the last days of summer with these recipes. A perfect way to use up some of those fresh fruits and vegetables you have on hand.

**[Halloween](#)**: This quick, kid-friendly menu will provide nutritious fuel for all the ghosts and goblins.

**[Thanksgiving](#)**: Gobble! Gobble! We've got recipes for Thanksgiving that are sure to be a hit. [Thanksgiving Leftover Ideas](#)

**[Hanukkah](#)**: Leftover applesauce from the dessert can be passed at the table to accompany the latkes.

**Christmas:** A collection of favorites that help celebrate the Christmas season without breaking the bank. Thrifty recipes that can be prepared at home will save money and still create a special meal.

Last Reviewed

Wednesday, November 6, 2024