

# REFRESHMENT IDEAS

## *Fresh Food*

- o Fruits – bananas, clementines, apples, pineapples, watermelon, cantaloupe, honeydew, strawberries, or fruit cups with fresh whipped cream/or yogurt and berries
- o Vegetables – served on platters with dips or hummus or served in plastic cups with dip on the bottom

## *Sweet Food*

- o Yogurt – yogurt cups with granola and/or fruit
- o Muffins, cookies, croissants
- o Granola bars

## *Savoury Food*

- o Cheese & crackers
- o Hummus & crackers or vegetables
- o Bagels or toast with cream cheese, jam, etc.
- o Chips or popcorn
- o Assorted nuts

## *Beverages*

- o Water
- o Water with lemon, cucumbers, etc.
- o Coffee/Decaf coffee (cream, sugar, sweeteners, etc.)
- o Tea
- o Juice
- o Carbonated beverages (sparkling water, pop, etc.)