

# What to bring when you are told to bring a plate

*Do the words 'bring a plate' send a cold chill down your spine? Relax – we have put together our go-to list of bring a plate options so that you don't have to show up with a packet of biscuits from the back of your pantry. We have also covered the last minute 'oh no I forgot' situation. Enjoy your event!*



## Morning tea ideas

- chopped veg sticks (try carrot, celery and capsicum) with hummus or avocado smash dip
- bocconcini bites (a cherry tomato, piece of bocconcini and a basil leaf on a skewer)
- pita chips – serve with beetroot or carrot and chickpea dip
- apricot bites
- no bake apple crumble
- yoghurt and nut covered banana treats
- tomato bruschetta



## Lunch ideas – try these if you have a little prep time.

- mini meatballs
- chicken bites
- mini quiches and frittatas
- homemade sausage rolls
- homemade mini pizzas (topping on English muffins)
- mini wraps – use a mix of cream cheese and sweet chilli sauce as a spread
- beetroot and lentil salad
- rainbow super salad with honeyed walnuts
- fancy stuffed eggs
- baked bean bruschetta



 The recipes for these tasty ideas can be found on our website [www.actnss.org/recipes](http://www.actnss.org/recipes)

## Is it the morning of the event and you have just remembered?

### Try these simple, yet delicious ideas:

- pick up a BBQ chicken and a salad mix for a tasty chicken salad
- pick up some fruit scones or a fruit and nut loaf
- cut up store bought sushi into bite-sized pieces
- pick up some dips with vegetable sticks and water crackers
- pick up a packed of mixed nuts
- fresh fruit platter – use seasonal fruit for maximum taste. Try apples, oranges, melon and add berries
- cheese platter – start with 2 types of cheese and surround with water crackers or pita chips. Add fresh fruit if you want to up the wow factor – grapes and strawberries are a popular option
- sparkling water – slice a lemon or lime and add mint leaves to brighten it up and serve in jugs



**Do you want to know more about healthy eating? We are here to help!**

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