The simplest way

to make a Christmas centerpiece.

Get creative these holidays with a fruit and veg inspired centerpiece for your Christmas feast!

The picture on the right uses layers of baby tomatoes, rosemary and cheese but you could use:

- Layers of thinly sliced green and red capsicum, with slices of carrots in between
- Baby tomatoes and basil
- Kiwi fruit, watermelon, rockmelon
- Use mixed berries: blueberries, strawberries, raspberries.

If you have fruit + veg on your table, you’ll be surprised how quickly it will be eaten.

For more inspiration – like us on Facebook – details below.

Merry Christmas!

For more information visit www.eatittobeatit.com.au
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The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.