



# Tasty FIT Fare!

## Menu Suggestions for FIT Concessionaire

Looking for ideas on what qualifies as FIT Concessionaire menu items? Consider these ideas and remember that foods in a cup, on a stick or in a basket are all fun ways to serve food at festivals and fairs.

- Consider portion sizes; serving sizes may need to be adjusted to meet FIT Concessionaire nutritional standards.
- Consider substitutes such as non- or low-fat plain yogurt (no sugar added) for mayonnaise and sour cream, especially for dips.
- Roast foods instead of frying them.



- Fruit Kabobs (bananas, grapes, pineapple, melon)
- Frozen Grapes
- Fruit Salsa and Baked Pita Chips
- Fruit Cup with Local, Seasonal Fruit  
In season in North Carolina  
April/May: strawberries  
June/July: blueberries, blackberries  
July/August: melons, peaches  
September: apples, pears
- Fresh Fruit Crepes
- Fruit Smoothies (low-fat yogurt and fruit)
- Strawberry Shortcake (angel food cake, fat-free Cool Whip)
- Yogurt Parfait
- Sherbet
- Crunchy Veggie Dippers and Hummus
- Corn on the Cob
- Southwest Baked Potato (low-fat sour cream, green onions and black olives)
- Caprese Salad on a Stick (cherry tomatoes, mozzarella cheese and basil)
- Kale Chips/Sweet Potato Chips (baked)
- Veggie Chili
- Veggie Burger
- Vegetarian Burrito
- Seasoned Popcorn (no butter, portion controlled)
- Soft Pretzel with Honey Mustard
- Trail Mix
- Pickle on a Stick
- Green Salad in a Pita (whole wheat)
- Shrimp Cocktail
- Grilled Chicken Wrap/Kabobs
- Grilled Veggies (peppers, squash, onions)



AHA fosters and supports community efforts to increase access to healthy foods and physical activity in Wake County through policy, systems and environmental change.

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