

Section K

Nutrition Education & Snacks

IOWA STATE UNIVERSITY
Extension and Outreach

... and justice for all

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Nutrition Education Ideas

1. Talk about different foods, portions, and what foods do for us - at every meeting - during every snack. (See [MyPyramid](#) publications from ISUE Store.)
2. Use measuring spoons/cups to allow children to serve their own snacks. (If serving size is $\frac{1}{2}$ cup, have a $\frac{1}{2}$ cup measuring cup available and allow them to serve their own snacks.)
3. Include physical games at every meeting and talk about what doing physical activity does for us
4. Practice taking pulses at every meeting before and after physical games. Discuss the benefit of increasing the heart rate on a regular basis. Monitor resting heart rate over time, which should go down with regular activity.
5. Post MyPyramid in the area to use as discussion at every snack.
6. Provide healthy snacks from a variety of food groups.
7. Provide snacks the children can make themselves.
8. Talk about the importance of rest for physical fitness.

Portable Hand Washing Kit

1 gallon plastic milk jug--with lid

1 bar of soap

String--about 18 inches

1 golf tee or large nail

1 discarded pair of pantyhose

Tie one end of the string to the golf tee or nail and the other end to the handle of the milk jug. Put the bar of soap into the toe of one leg of the pantyhose. Tie the pantyhose to the handle of the milk jug. Using the nail or tee poke a hole in the side of the milk jug close to the bottom edge. Fill the jug with water and use the pantyhose to tie it to a tall object. When you need to wash your hands, unscrew the lid and remove the tee or nail from the hole. Replace the tee when finished.



Nutrition Education Websites & Books

Food, Fitness, and Fun

<http://www.extension.iastate.edu/food/nutrition/index.htm>

The Fun in Food, Fitness, and Fun

<http://www.extension.iastate.edu/food/activities/index.htm>

Dole 5 A Day - GREAT stuff! (Eating fruits and veggies and healthy living, download music and activity sheets, and play on line games)

<http://www.dole5aday.com/Teachers>

Nutrition Explorations (Dairy Council)

<http://www.nutritionexplorations.com>

Check how you did yesterday and set a goal for tomorrow

http://teamnutrition.usda.gov/resources/mpk_worksheet.pdf

Team Nutrition- GREAT STUFF!

MyPyramid - food pyramids, resources, activities (Go to Classroom resources and download - they can only send them to schools - but we can download and use the activities)

<http://teamnutrition.usda.gov/kids-pyramid.html>

HEART POWER KIT - From American Heart Association, 1996

1-800-AHA-USA1 or online at <http://www.amhrt.org>

Download activities at: <http://www.amhrt.org/presenter.jhtml?identifier=3003357>

BOOKS FOR TEACHING NUTRITION, PHYSICAL FITNESS, and SNACKS

Check the Michigan Team Nutrition book list for more ideas/new books
<http://www.pbp.fcs.msue.msu.edu/booklist.html>

Food and Nutrition by Janice VanCleave; John Wiley and Sons, 1999

How to Teach Nutrition to Kids by Connie Liakos Evers; 24 Carrot Press, 1995

Snacktivities by MaryAnn Kohl and Jean Potter; Robins Lane Press, 2001

Healthy Snacks for Kids by Penny Warner; Bristol Publishing Enterprises, 1996

Teaching Children About Food by Christine Berman and Jacki Fromer; Bull Publishing Company, 1991

Outrageous Outdoor Games Book by Bob Gregson; Pearson Teacher Aids

Incredible Indoor Games Book by Bob Gregson; Pearson Teacher Aids

The snack ideas on this handout either came as suggestions from Clover Kids Leaders, from the ISUE Seasonal Suggestions from Jan Temple and Janet Martin (Iowa State University Extension) or were adapted from one of the following sources:

- Healthy Snacks for Kids, by Penny Warner, Nitty Gritty Cookbooks, ISBN-1-55867-159-5
- Caterpillar Scramble & Cantaloupe Boats, by Noreen Thomas, Doubting Thomas Publishing Co., ISBN-1-56383-066-3
- Cooking Art--Easy Edible Art for Young Children, by Mary Ann F. Kohl and Jean Potter, by Gryphon House, Inc., ISBN-0-87659-184-5
- Someone's in the Kitchen with Mommy, by Elaine Magee, M.P.H., R.D., by Contemporary Books, ISBN-0-8092-3142-5
- Snacktivities! By MaryAnn F. Kohl and Jean Potter, by Robins Lane Press, ISBN-1-58904-010_4



Snack List

Listed below are several ideas for nutritious snacks to serve at your Clover Kids meetings. Consider having the children help in preparation, serving, and clean up! Remember some children may have allergies to foods such as peanut butter.

You can make snack time educational as well as nutritious by asking the kids where each snack is located on MyPyramid. Share this list with parents/guardians if your kids take turns bringing snacks.

pretzels
carrots, baby carrots and carrot coins
celery sticks
green pepper slices
"ants on a log"
 (celery with peanut butter and raisins)
graham crackers
chocolate graham crackers
cinnamon graham crackers
apple slices (may want to have dip with
 these)
orange slices
banana halves
pear slices
grapes, red and/or green
popcorn
Whole grain crackers (top with peanut
 butter, humus, or cheese)
English muffins (toasted with jelly, peanut
 butter, low fat cream cheese or honey)

whole wheat tortilla pinwheels
bran or fruit muffins
gold fish crackers
animal crackers
cheerios or other dry cereal served in a cup
cheese cubes
Jell-O Jigglers or finger Jell-O
rice cakes
granola bars
nutri-grain bars
peanuts
sunflower seeds

Drinks

100% juices
Skim or low fat milk
water (fruit slices can be added for flavor)

Children who help in the preparation of a meal or snack are more likely to eat it and try new foods. Encourage the children to make their own snacks instead of bringing them already prepared. Keep in mind food allergies and always make test tasting any food voluntary!



Healthy Snack Ideas for Young Children

VEGGIE MAN

What you need:

paper plates, broccoli head - cut into small florets, 2 zucchinis - cut into round slices, 1 small can corn, 1 small can sliced olives, French dressing, 2 red peppers - cut into thin strips - then half, 1 bunch celery - cut into 3 inch stalks, 3-4 carrots- cut into 2 inch strips

What you do:

Show the children each vegetable in its whole form. Then, cut them into the pieces described. [Note: Use a kid-safe cutting utensil.] Use those parts to make the Veggie Man: broccoli-hair; zucchini-head; corn-eyes; olives-nose; red pepper-mouth; celery-body; carrot sticks-arms and legs. Then eat!

FRUIT CLOWN

What you need:

Paper plates, 1 fresh pineapple slice, 2 grape halves (cut round) 5 raisins, $\frac{1}{2}$ slice kiwi, $\frac{1}{2}$ strawberry, 2 slices of orange, 1 thin slice cantaloupe

What you do:

Show the children the fruit in its original form. Then slice as described. Use the parts to make the Fruit Clown. Pineapple slice-face; $\frac{1}{2}$ kiwi slice-hat; Orange slice cut in half-ears; 2 grape halves-eyes; Strawberry half-nose; Cantaloupe slice-mouth; raisins-teeth. Assemble the clown and eat!

ORANGE BOWLS

What you need:

Oranges, Bananas, Spoons, Cheerios, Nuts (sunflower seeds or peanuts), a kid safe cutting utensil

What you do:

Cut oranges in half and have the children scoop out the middle with a spoon. Add apple and banana pieces, cheerios and nuts.

FANCY FRUIT

What you need:

Dixie cups, Toothpicks, paper plates, yogurt. Different fruit like apple pieces, strawberries, bananas, etc.

What you do:

Cut up fruits. Have the children scoop some flavored yogurt into a Dixie cup and dip their fruit using the toothpick.

CRACKER DELUXE

What you need: Ritz crackers, Cream Cheese , Shredded carrots

What you do:

Spread cream cheese on the cracker and sprinkle carrots on top.

FRUIT PIZZA**What you need:**

graham crackers, cream cheese, peanut butter, fruit-apples, Bananas, strawberries, kid-safe cutting utensils, paper plates

What you do:

Give each child a graham cracker. S/he selects whether to spread cream cheese or peanut butter on the cracker. Add slices of apple, banana, strawberry etc. to make the pizza.

APPLES SMILES**What you need:**

apples slices, raisins, kid-safe utensils or spoons for spreading, peanut butter, mini marshmallows

What you do:

Spread the peanut butter on one slice of apple. Put marshmallows and raisins on top of the peanut butter. Spread peanut butter on another slice of apple and put on top of the marshmallows and raisins. It should look like lips and teeth and missing teeth.

SHAKE A SNACK**What you need:**

measuring cups (1/3 cup), cheese crackers, Dixie cups, oil, plastic spoons, oyster crackers, paper bags, small twisty pretzels, Good Seasons Dressing Mix

What you do:

Set up station with instructions at each station. The children take 1 scoop of cheese crackers (measuring cup), 1 handful of pretzels, 1 Dixie cup of oyster crackers, 1 spoonful of oil, 1 spoonful of dressing mix powder. They put all the ingredients into their bags and shake it up and eat!

PEANUT BUTTER AND JELLY TORTILLA ROLLS**What you need:**

tortillas, peanut butter, jelly, paper plates, kid-safe cutting utensils

What you do:

It is easiest to mix up a batch of peanut butter and jelly by combining them and stirring them together. The children can do that easily in small groups using 1/8 measuring cups. Then spread the mixture onto a tortilla and roll up to eat.

Butterflies

Fill a large **stalk of celery** with **spreadable cheese**. Cut the celery into smaller pieces--about 3 inches long. Insert 2 **thin snack crackers** into the filling of each piece having them hang over the edge to look like the wings of a butterfly.

Butterfly Sandwiches--

Cut a slice of **sandwich bread** into 2 pieces cutting from corner to corner. You should have 2 triangles--these will be the wings of the butterfly. Place the triangles on a small paper pie plate--points in the center of the plate; long straight edges facing out. Top each bread triangle with a triangle shaped piece of **American Cheese** to make it look like a yellow butterfly. For the body of the butterfly, use a piece of **string cheese**. Put the string cheese in the center of the plate with the wings touching it. Make antenna by squirting **yellow mustard** on the plate. Decorate the wings by gluing on **carrot and celery pieces**--use **cream cheese** for the 'glue.'

Sandwich Kites

Make a **peanut butter sandwich** using 2 slices of whole wheat bread. Cut the sandwich into four small triangles. Place the triangles on a large paper plate to resemble the shape of a kite. Fill a sandwich bag with **grape jelly**. Cut a hole in the corner of the bag to squeeze a thin ribbon of jelly in between the four triangles--to be like the sticks of the kite. Extend the vertical jelly ribbon beyond the sandwich to make the 'tail' of the kite. Add **snack crackers** to complete the tail.

Airplanes

Cut a **baby or medium carrot** lengthwise about half the length of the carrot. Stick a rectangular shaped piece of **cheddar or American cheese** into the slit to make the wings of the plane. Trim as needed.

Celery Cars

Fill a **celery stalk** with **peanut butter**. Cut the stalk into 3 inch sections. Use additional peanut butter to 'glue' **carrot slices** onto the sides to make wheels.

Tuna Schooner

Place **tuna salad** spread onto **English muffin**. Make a sail by placing a triangular **tortilla chip** upright onto the sandwich.

Tuna Canoe

Push down center of a **hot dog bun**. Fill indentation with **tuna salad**. Make oars from pieces of **celery**.

Tuna Boat

Cut a **red or green pepper** in half lengthwise. Remove seeds and membrane. Fill with **tuna salad**. Cut a triangle from **cheddar cheese** to be the sail.

Birds

Transform a **hard cooked egg** into a bird by adding 3 **round crackers**. Place a cracker on each side to be the wings and one at the end to be a tail.

Bird in a Nest

Cut a **medium orange** in half and scoop out the insides. Combine orange pieces with **diced apple** and **banana**. Fill empty orange half with fruit mixture. Make the head for the bird using a **pretzel stick** for the neck and chunk of banana for the head. Use a **lettuce leaf** for the tail. Set bird on a nest--half of a **bagel**.

Clawed Animal Paws

Bake **refrigerator biscuits** according to package instructions. When finished baking, brush each biscuit with **melted butter** and sprinkle with **cinnamon and sugar**. Make claws by inserting 5 **almond slivers** around the edge.

Lion Head

Combine 8 ounces low fat **cream cheese** with 1 cup **grated carrots** and 1 tablespoon **juice**. Place mixture in the center of a plate spreading to about 1/4 inch thick. This will be the lion's face. Make the hair for the lion by sprinkling more grated carrots all around the edge of the face--about 1/2 cup or more. Make whiskers from **celery**. Use frozen **peas** for eyes and **raisins** for the nose. Eat with **snack crackers**.

Surprise Inside Bananas

Slice **banana** in half lengthwise. Use a carrot peeler or soda straw to scoop out the very center of the banana. Convert a plastic sandwich bag into a decorator bag--one with **peanut butter** and another with **chocolate frosting or Nutella**. Squeeze a thin strip of filling into the banana. Put the two halves of banana back together so it looks like a regular banana--until you bite into it and find the surprise inside!!

Me and My Shadow

This is a new twist on the old 'egg in a frame' recipe. Use a people shaped cookie cutter to cut the center out of a piece of **bread**. Scramble several **eggs** (depending how many you are serving) with some **milk**. Dip the 'people' bread into the egg mixture and cook in a lightly greased (vegetable oil spray is fine) fry pan until brown. Next dip the scrap or 'shadow' into the mixture and cook it in the heavy pan. You may want to fill the frame with egg mixture. Cook on both sides until brown. Eat as you would French toast.

Beanstalks

Mix 1/2 cup **shredded, reduced fat cheddar cheese** with a 16 ounce can of **refried beans**. If desired, you may add 1/2 teaspoon **chili powder**. Heat mixture in the microwave until the cheese melts. Chill. Spread mixture into **celery stalks**. Cut stuffed celery into 3 inch sections.

Pretty as a Picture Sandwiches

These are pretty as a picture because you 'paint' a picture right onto the bread!! For 'paint', mix 2 drops of **food coloring** into 1 tablespoon of **skim or low fat milk**. Using clean paint brushes, paint a design onto the **bread** and then toast it lightly in the toaster. Use the 'pictures' to make your favorite sandwich.

Surprise Rolls

Use a whole wheat **dinner roll** (or uncut hamburger bun) to make a sandwich. But, instead of cutting the roll open to put the filling inside, make a small cut in the side and scoop out as much of the inside as possible. Then using a sandwich bag with a hole cut out of the corner, squeeze a **meat or egg salad** filling into the roll. No one will know what is inside until the first bite!!

Sccrreeaming Bats

Use chocolate flavored graham crackers and wafers combined with low-fat ice cream or frozen yogurt to make these ice cream sandwich treats. To make the wings of the bat, use one chocolate flavored graham cracker (four sections) with 2 sections for each wing—a top and a bottom. Inside the wings you will put a slice of vanilla flavored ice cream that has been cut to the size of the cracker. Wrap in plastic wrap and freeze. To make the body of the bat, you will need two chocolate flavored wafer cookies. Use a biscuit cutter to help cut a slice of ice cream the size of the cookie. Wrap and freeze. To serve, place a body in the center of the plate with a wing on each side.

Fuzzy Pumpkins

A fun way to eat carrots. Combine 8 ounces low fat cream cheese with 1 cup grated carrots and 1 tablespoon orange juice. Spread this mixture on round snack crackers or mini bagels. Make the pumpkin fuzzy by sprinkling extra grated carrot on top. Make a stem and face with celery pieces.

Pumpkin On a Plate

A fall twist for a cheese sandwich. Make an open face cheese sandwich into something festive. Use a biscuit cutter to cut the cheese into a circle shape (if you want use a pumpkin shaped cutter). Place the cheese on the slice of bread. Decorate with pieces of carrot, celery and apple.

Surprise Ghosts

Make a banana an exciting snack. Peel a banana and cut it in half cross-wise. (Note: you will get 2 ghosts from each banana.) Cut the banana in half again—this time lengthwise. Use a plastic drinking straw to scoop out the center of the banana. Convert a plastic snack bag into a decorator bag. You will want two bags—one filled with peanut butter the other filled with chocolate frosting or Nutella. Use scissors to cut a small hole in the corner of each bag. Squeeze a thin strip of filling into each half of the banana. Put the two halves of banana back together and stand it on the cut end. Make a face on the ghost using more frosting or use peanut butter to attach small pieces of chocolate candy. It will look like a regular banana until you bite into the surprise inside!

Festive Fall Smoothie

A tasty way to get both dairy and fruit as a snack. In a blender combine $\frac{1}{2}$ cup orange juice; 1 cup frozen peaches; and 1 cup peach or tangerine flavored yogurt. Pour into a tall glass and garnish with black licorice for a festive look.

Clever Treats

Convert rice cereal bars into apples with a little food coloring and some sweet decorations. To prepare cereal bars: Melt 3 tablespoons margarine in a 2 quart microwave safe dish. Stir in 4 cups miniature marshmallows, coating with margarine. Cook at 60% power for 5 to 6 minutes—or until marshmallows are melted. Add $\frac{1}{2}$ teas. red food color to the marshmallow mixture. Stir well and add 5 cups rice cereal. Shape mixture into apple size shapes. Decorate with mini chocolate candy face, licorice stem AND half of a gummy worm. Attach with peanut butter.

Hair Raising Granny's

A Granny Smith apple fruit kabobs for fun eating. Cut a Granny Smith into two halves. Put cut side down on a small plate. Make a face on the stem end of the apple using wooden toothpicks to attach: pieces of red apple as eyes; the tip of a baby carrot as a nose and a peach slice for a mouth. Make the hair using 5 toothpicks as the skewers. String on pieces of fruit such as grapes, banana, apple, or pineapple. Stick the toothpicks into the top of the apple to be "hair."

Tortilla Terror

For the heartier appetite, try this sandwich idea. Make a lean meat sandwich using 2 whole wheat flour tortillas instead of bread. Make it a "terror" by decorating the top tortilla with the following facial features: Use a deviled egg for each eye AND add a radish half as the center of each eye; a broccoli sprig for the nose; a mouth of Squeeze Cheese® and pieces of apple for teeth. The degree of terror may be defined by the artist!

Honey Bees

These are a hit with any age—and very simple! Dough—Mix together $\frac{1}{2}$ cup peanut butter, 1 Tbsp. honey, and $\frac{1}{2}$ cup nonfat dry milk. Use about $\frac{1}{2}$ tsp. dough for each bee. Shape dough into a rounded rectangle (it's to look like the body of a bee). Dip a wooden toothpick into powdered cocoa and press gently across the top of the bees to make stripes. Stick almond slices into the sides to form wings.

LUNCH CONES

Mix up your favorite meat or egg salad. Instead of putting it on bread, serve it in an ice cream cone!

S'MORES GORP (Makes sixteen 1/2 cup servings)

2 cups Honey graham cereal	1 cup mini marshmallows
2 cups whole grain cereal squares	1/2 cup peanuts
2 cups Toasted oat cereal	1/2 cup semisweet chocolate pieces
2 cups Miniature pretzels	1/2 cup raisins

Combine all ingredients together in large plastic sack and shake until mixed

EDIBLE FIRECRACKERS

Use a rolling pin to flatten a piece of sandwich bread. Spread the bread with 2-3 tablespoons of your favorite sandwich filling (peanut butter, cheese spread, hummus, meat, or fish salad). Roll up the sandwich and filling--jelly-roll style. Wrap the rolled sandwich in colored plastic wrap. Tie the ends with twist ties or colorful ribbon. Keep refrigerated.

ICE CREAM IN A BAG

In a 1 quart freezer weight bag mix & seal with duct tape:

1/2 cup sugar

1 teas. vanilla

2 cups milk (lower fat milks are more healthful but will take longer to freeze)

In a 1 gallon freezer weight bag, mix together:

5 cups ice

3/4 cup rock salt

1/4 cup water

Place 1 qt. bag inside 1 gal. bag. Seal with tape. Put one gloves and shake for 10 minutes.

FRUIT AND MEAT KABOBS

This makes an easy finger-food meal that younger children enjoy (and older ones too). Simply string 1 inch cubes of meat, cheese and fruit onto a straw or beverage stirrer (avoids some of the danger of eating a wooden pick). Some fruits to try--pineapple, cantaloupe, apple, peach or pear.

SAND CUPS (Makes 6 cups)

Turn your picnic into a beach party by letting the guests make their own sand cups.

Ahead of time--Prepare one package (4-1/2 cup serving size) vanilla flavor instant pudding with 2 cups skim or low fat milk according to package instructions. Divide the prepared pudding into 6 plastic cups (7-8 ounce size). Top with a large dollop of non-dairy whipped topping (about 1/4 cup per serving).

At the Picnic--Give each guest a sandwich bag filled with either 5 vanilla wafers or 2 sandwich cookies. Instruct the guests to crush the cookies. Next give each guest a cup of pudding and a spoon. Have them stir in half of the cookie crumbs into the pudding. Decorate the top of the cup with the remaining cookie crumbs, chopped peanuts for pebbles, gummy fish, or goldfish crackers.

PETER'S PUMPKIN PUDDING (Makes eight 1/2 cup servings)

1 package butterscotch

2 cups canned pumpkin

sugar free instant pudding

1 teaspoon pumpkin pie spice or cinnamon and

2 cups low fat milk

nutmeg to taste

Prepare pudding by adding milk and mixing/shaking for 1 minute. Stir in pumpkin and seasoning. Pour into serving dishes and chill. Top with nondairy whipped topping (optional).

MONSTER TEETH

Cut a rectangle about the size of a large domino from a piece of raw potato. Cut teeth shapes into the lower half of the domino. You are now ready to place this strip of potato between your lip and gums and make scary monster faces. When finished using as teeth, eat them as a low-fat snack!

INDIAN CORN

Chopped dried apricots and raisins added to popped popcorn and a syrup mixture are shaped into a 4 inch long stick to make it look like a piece of Indian Corn.

10 cups popped popcorn (1/2 cup unpopped)

1 cup packed brown sugar

3/4 cup water

1/4 cup light corn syrup

3/4 teaspoon vinegar

1/2 dried apricots-chopped

1/2 cup raisins

Pop popcorn and keep warm in a 300°F oven. In small saucepan combine brown sugar, water, corn syrup and vinegar. Cook and stir over medium-high heat till the mixture boils over the entire surface. Continue cooking to 250°F, stirring frequently. (Takes 15-20 minutes.) Pour sugar mixture over popcorn. Immediately stir in apricots and raisins till all ingredients are coated. Using buttered hands, shape mixture into "sticks". If mixture gets too firm to shape, return to warm oven for 1-2 minutes. Serve the same day. Makes 12.

SPIDER SANDWICHES

Make peanut butter sandwiches using whole wheat bread. Using a biscuit cutter cut a large circle from the sandwich--this will be the body of the spider. Use a little more peanut butter as "glue" to attach raisin eyes. Use 8 pretzel sticks (four on each side) stuck in between the top and bottom pieces of bread to look like the legs.

ORANGE JACK-O-LANTERNS

Let each child have their own small jack-o-lantern with this special treat. Cut the top off of a fresh orange (just like it was a small pumpkin). Scoop out the pulp. Using a permanent marker, draw a jack-o-lantern face on the side of the orange. Fill the orange with sherbet for a cool pumpkin treat.

BAT WINGS

Use 2 slices of whole wheat bread to make a peanut butter sandwich. Using a large Christmas tree cookie cutter cut out a tree shape. Cut the tree into two pieces from the tip of the tree through the trunk. Overlap the trunks, keeping the straight edges at the top and the scalloped edges at the bottom. Use peanut butter to 'glue' two chocolate wafer cookies on top of and under the tree trunk. The cookies will be the bat's body.

MONSTER SNAKE

With the help of a little green food color you can convert rice cereal bars into a fun monster snake. To prepare cereal bars, melt 3 tablespoons margarine in a 2 quart microwave safe dish (full power for 45 to 60 seconds). Stir in 4 cups miniature marshmallows, coating with butter. Cook at 60% power for 5 to 6 minutes--or until marshmallows are melted. Add 1/4 to 1/2 teaspoon green food color to the marshmallow mixture. Stir well. Add 5 cups whole grain cereal. Pat mixture into two 8 or 9 inch round cake pans that have been treated with vegetable cooking spray. Let cool. Using a kid safe cutting utensil cut a 4 inch diameter circle from the center of each pan. One of these circles will become the head of the snake, the other the tail. Cut the outer circle in each pan in half to create 4 "C" shapes. Place these "C" shapes on a large cookie sheet to make large "S" shapes. The cereal mixture is quite easy to move about as needed to fit onto your tray or cookie sheet. Place one of the center circles at one of ends to be a tail. Cut the other circle almost into 2 pieces and arrange it so the snake has its mouth open. Decorate with candy corn, gummy savers, licorice with frosting or peanut butter as the "glue". Let your imagination run wild.

Halloween Gorp

2 cups corn and rice cereal squares = <i>cobwebs</i>	1 cup mini marshmallows = <i>ghost fingers</i>
2 cups honey graham cereal = <i>dried beetles</i>	1/2 cup peanuts = <i>owl eyes</i>
2 cups toasted oat cereal = <i>cat eyes</i>	1/2 cup semi-sweet chocolate pieces = <i>snake eyes</i>
2 cups miniature pretzels = <i>bat wings</i>	1/2 cup raisins = <i>ants</i>

Optional (if you need more servings)

2 cups mini shredded wheat = *dried lung of toad*
2 cups puffed corn cereal = *mummy toes*
1/2 cup candy corn = *chicken toenails*

Dramatically combine all ingredients together in front of group of children saying what each item represents in a large plastic sack and shake until mixed.

RUDOLPH THE RED NOSE REINDEER SANDWICHES

Make a peanut butter sandwich using 2 slices of whole wheat bread. Cut the sandwich into four pieces cutting from corner to corner. You are now going to create these four little sandwiches to look like Rudolph faces. You will need more peanut butter as "glue" to attach the following: a red hot candy nose, raisin eyes, and mini pretzel twist antlers. Note: you may use mini candy coated chocolate pieces for the nose and eyes.

CHEESE ANGELS

You will need the following items for each angel: pita bread; slice of white cheese--mozzarella or jack; slice of yellow cheese--cheddar or American; round snack crackers; pasteurized process cheese spread in an aerosol can will be the glue. To assemble: cut the white cheese into a large triangle shape and trim off one point. Place the white cheese on top of the pita bread--cut edge of both the cheese and pita bread at the top--this makes the body and wings of the angel. Use a round snack cracker as the head. Cut a piece of yellow cheese into a circle just a little bigger than the cracker to make a halo. "Glue" all the pieces together with the cheese spread.

EDIBLE "SNOW" STORM IN A BAG

Mix together an assortment of white colored snacks. Shake them together in a large plastic bag to make a snowstorm. Ideas of white snacks: popcorn, rice squares, crispy corn balls, golden raisins, peanuts, marshmallows.

RICE CAKE SNOWMAN

Use 3 mini rice cakes for the head and body of the snowman. To make a hat, use chocolate flavored graham crackers. They will cut into a square and a thin rectangle to make the hat if you use a serrated a kid safe cutting utensil and a sawing motion. OR, try using pumpernickel bread. Use raisins or mini candy coated chocolate pieces for the eyes and buttons. Use a piece of carrot for the nose. Cut a long, thin rectangle from a fruit roll-up to make the scarf. Connect the rice cakes and glue everything together with peanut butter.

PRETZEL TREE TRIM

Make a garland for your tree using ribbon and mini pretzel twists. Depending on time and skill level, you may dip the pretzels in almond bark before stringing them onto ribbon. You can vary the appearance with your choice of ribbon. For very young children, it may be best to string the pretzels without dipping.

FRUIT AND VEGETABLE WREATHS

Convert bagels into edible wreaths. This is somewhat like a fruit pizza except we will use a bagel rather than a cookie for the crust. All you need is a bagel, cream cheese, green food color and an assortment of fruits and vegetables. Add green food color to the cream cheese. Spread the cream cheese onto the bagel. Following are some toppings you may want to consider:

** Fruits--kiwi, apples, cherries, blueberries

** Vegetables--broccoli, carrots, cauliflower, peppers, celery, radishes, mushrooms.

Make a bow from string licorice. (Note: the kind that is twisted together that must be untwisted before it's pulled apart will make a better bow because it is more flexible).

SPICY HOLIDAY WRAPS

For a festive appetizer or snack, convert whole wheat flour tortillas into a spicy treat. Begin by spreading a flour tortilla with fat free refried beans. Add another tortilla and spread this one with softened cream cheese (fat-free is fine), and shredded cheese. For color and texture, add a lettuce leaf or several spinach leaves. Roll up and cut into bite size pieces. Note: you may need to secure with a pretty toothpick. Serve with salsa.

SNOWBALL "FORT" BREAD

Use refrigerator biscuits to make this indoor snowball "fort". Cut refrigerator biscuits (the inexpensive ones work best) into fourths. Roll each piece into a ball. Dip into melted margarine and then into a cinnamon sugar mixture. Place coated balls into a pan that has been treated with vegetable spray. Make individual forts by baking in muffin cups. Make an igloo by baking in a Bundt pan. For either pan, set oven to 400 ° F. Bake for about 15 minutes or until golden brown.

ICICLES

Use this as a fun way to use up leftover hot dog buns. Mix up some tuna spread--add pickle relish and low fat mayo to a can of tuna. Spread this onto hot dog buns. Cut an end off of each hot dog to make it look like the end of an icicle. If you want to make the roof too, use a loaf of French bread. Make this another tuna sandwich or into your favorite submarine sandwich. (It makes winter time a little more fun to think you're eating an icicle than a plain old tuna sandwich).

Red Gelatin Hearts

2 $\frac{1}{2}$ cups of water or fruit juice

4 (4 oz.) packages of strawberry, raspberry or cherry gelatin (may use sugar free)

Combine water and gelatin in 2-quart glass measure and heat on High power in the microwave for 3 to 5 minutes or until the water is boiling. Stir until gelatin is dissolved. Pour into heart shaped molds, or pour in a 9 x 13 inch square pan and refrigerate until gelatin is set. Unmold heart shapes or use a small heart shaped cookie cutter to cut out hearts. Lip cookie cutters are also fun.

1/2 A Heart Pizza Pocket

Supplies: roll of refrigerated flaky biscuits, filling of your choice, prepared pizza sauce

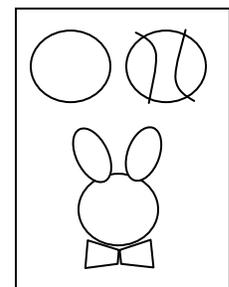
The adult heats the oven to 400 degrees F. Divide the refrigerated biscuits into 10 pieces. Press each piece to form a 4" circle. Spread 1-2 Tbsp. of sauce on only half of the circle, because you have to fold the dough in half later. Don't put sauce too close to the edge. Add a filling(s). (Not too much so you can fold it over.) Fold the pizza circle in half. Press the edges with a fork to seal. Place pizza pockets on a greased cookie sheet. (Note: If you cover the cookie sheet with parchment paper, you can use a pencil to write each child's name next to his own heart pizza.) Bake at 400 degrees for 12-14 minutes or until a deep golden brown. Cool on a wire rack. Enjoy!

Bunny in the Garden

Transform a pear half into a healthy-to-eat rabbit. Line salad plate with lettuce leaf. Place pear half cut side down onto the lettuce leaf. At the bottom of the pear use a small piece of cauliflower for the tail. At the stem end, make ears by cutting apple slices and "gluing" them in place with spreadable cheese or peanut butter. Add raisin eyes and whiskers made of string cheese. Either use a piece of radish for a nose or a pink jelly bean.

Bunny with a Bow Tie or Hopping Sandwich

Make two peanut butter sandwiches using whole grain sandwich bread. Cut a large round circle from the center of each sandwich. One circle will become the face of the bunny, the other will be the ears and bow tie. See diagram. Use a combination of jellybeans, raisins, mini baking chips, and "sprinkles" to decorate the bunny sandwich. Some edible "glue" choices would include strawberry cream cheese, peanut butter, or spreadable cheese. Try string cheese for the whiskers.



Zucchini Zoo

Use small zucchini to make an edible zoo. **Bodies**--small zucchini cut into 2- inch pieces. **Heads**--small zucchini cut into 1-inch pieces or whole radishes, or whole small pickles halved crosswise. **Body Stick-ons**--carrots (some cut into 1/2 inch slices, some cut into 2-inch pieces, and some chopped); whole small pickles; pickle slices; pimento-stuffed olives, halved; sliced celery; chopped nuts; sliced almonds; slivered almonds; raisins; chow mien noodles; round toasted oat cereal or other ready-to-eat cereal. Use soft style cream cheese and toothpicks to assemble.

Colorful Deviled Eggs

To have colored deviled eggs, fill a cup with 1/2 cup cold water and add 2-3 drops of food coloring--you will need a different cup for each color of egg. Place the peeled, hard cooked egg into the cup and let sit for 20-30 minutes. Remove when whites have reached desired colored intensity. Proceed to make deviled eggs using your own favorite recipe.

Four Leaf Clovers (With Heart)

Prepare green "finger gelatin" by combining 2 ½ cups water or fruit juice and 4 (4 oz.) packages of lime flavored gelatin--may use sugar free--in a 2 quart glass measure and heat on High Power in the microwave for 3-5 minutes or until water is boiling. Stir until gelatin is dissolved. Pour into 9 X 13 in pan and refrigerate until set. Using a small heart shaped cookie cutter, cut 4 hearts to make each clover. Assemble a clover by placing 4 hearts in a "circle" with the points all pointing toward the center. Add extra decoration if desired.