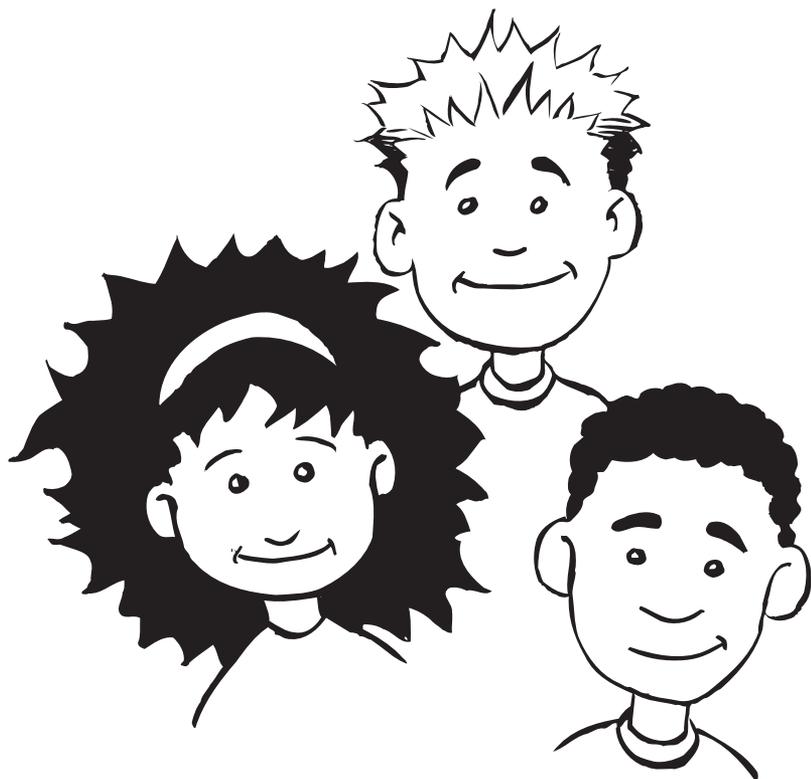


INCREDIBLE EDIBLE SNACKS FOR KIDS



South Carolina Department of Health and Environmental Control

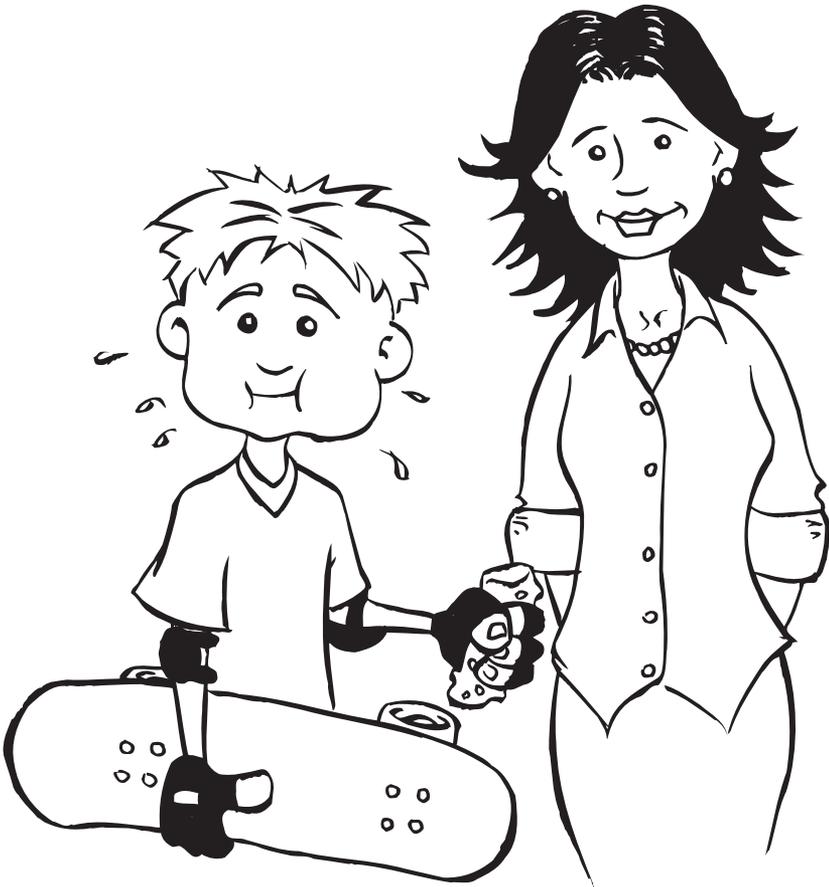
INTRODUCTION

Children LOVE snacks!

At a time when children are growing fast, learning lots about their world, and playing hard, snacks can give them the nutrition boost they need.

These snacks are easy, fun and healthy. They also taste and look good. Each recipe tells you exactly what you need: tools, ingredients and the step-by-step procedure for making the snack.

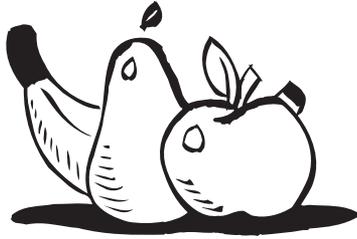
These recipes are for parents and children to make together. Working together can be an educational experience for a child - and fun for both of you!



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FRUIT SNACKS



APPLE SMILES

This recipe makes 8 to 10 servings.

Tools You Need

Apple corer

Knife

Small serving plates

Be careful! Knives and corers are sharp! Parents, supervise your child.

Food You Need

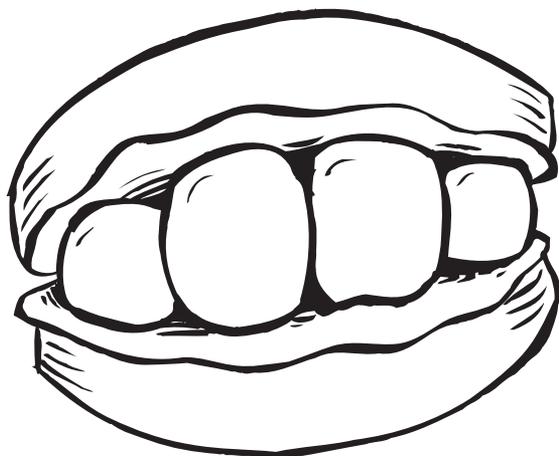
1 medium red apple, cored, washed, and sliced

Peanut butter

Tiny marshmallows

Now Make It!

1. Spread one side of each apple with peanut butter.
2. Place three or four tiny marshmallows on top of peanut butter on one apple slice.
3. Top with another apple slice, peanut butter side down .
4. Squeeze gently.
5. Eat right away.



BANANA WONDERS! CANDLE OR ROCKET

Pre-school age children can make this simple candle salad as part of a holiday dinner. It can also be a rocket when studying about space in school. This recipe makes one serving.

Tools You Need

Can opener

Knife

Small plates

Napkins

Colander

Be careful! Knives are sharp! Parents, supervise your child.

Food You Need

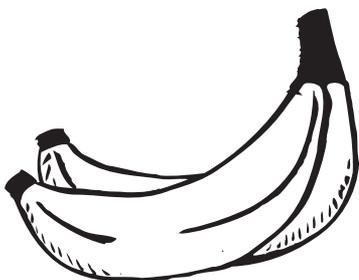
1 banana half

1 pineapple ring

1 lettuce leaf

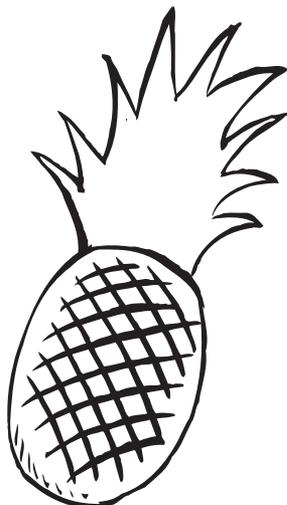
Pretzel sticks

1 dried or maraschino cherry



Now Make It!

1. Peel banana.
2. Drain pineapple ring in colander.
3. Wash lettuce leaves.
4. Place lettuce on plate.
5. Place pineapple on lettuce leaf.
6. Place banana on pineapple ring.
7. Insert pretzel stick in cherry.
8. Place on top of banana half.



BANANA WONDERS!

BANANA MAN

This recipe makes two Banana Men.

Tools You Need

Can opener Colander Small serving plates
Napkins Knife

Be careful! Knives are sharp! Parents, supervise your child.

Food You Need

1 banana half
1 pineapple ring
Pretzel sticks broken into half-inch pieces

Now Make It!

1. Peel the banana.
2. Cut the banana in half, lengthwise.
3. Lay banana, flat side down, on plate.
4. Drain pineapple rings in colander.
5. Place pineapple ring over point of the banana, like a hat.
6. Stick half-inch pretzel sticks at the top of the banana for eyes, nose and mouth.



CHERRIES IN THE SNOW

A VALENTINE SWEETHEART DESSERT

Young children will enjoy breaking up the cake, folding in the whipped topping, and making the different layers. This recipe makes 12 one-cup or 24 half-cup servings.

Tools You Need

Can opener Large bowl Mixer Medium-sized bowl
Measuring cups Napkins Small serving bowls

Food You Need

8 oz. tub light cream cheese
1 cup powdered sugar
12 oz. reduced-calorie whipped topping, thawed
1 large angel food cake
20 oz. can light cherry pie filling



Now Make It!

1. In medium-sized bowl, beat cream cheese at medium speed until creamy.
2. Gradually add the sugar, beating until blended.
3. Gently fold in whipped topping.
4. Break angel food cake into 1-inch pieces.
5. Place half of cake pieces in large glass bowl.
6. Top with half of the cheese mixture.
7. Spread half of the cherry filling over the cheese mixture.
8. Repeat steps 5 through 7, making layers.
9. Cover and chill.

PEAR BUNNIES

This recipe makes one serving.

Tools You Need

Paper towels

Fork

Colander

Small serving plates

Measuring spoon

Napkins

Can opener

Vegetable peeler

Be careful! Peelers are sharp! Parents, supervise your child.

Food You Need

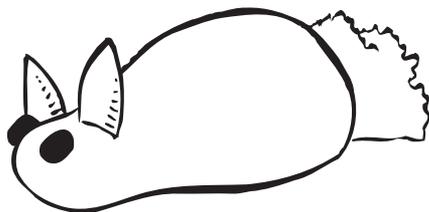
1 canned pear half

1 lettuce leaf

1 tablespoon 1% cottage cheese

2 raisins

2 carrot slivers



Now Make It!

1. Wash lettuce leaves and pat dry with paper towels.
2. Place lettuce on plate.
3. Drain pear halves in colander.
4. Place pear half upside down on lettuce leaf.
5. Make the “bushy bunny tail” by placing the cottage cheese on the lettuce next to the large end of the pear.
6. Make the eyes by sticking the raisins into each side of the narrow end of the pear.
7. Wash and peel the carrot.
8. Use the vegetable peeler to make thin slivers of carrot.
9. Place behind the raisins to make “bunny ears.”

DIVE-IN FRUIT DIP

This recipe makes two servings.

Tools You Need

Measuring cups Colander Table knife
Small bowl Spoon

Be careful! Knives are sharp! Parents, supervise your child.

Food You Need

1/4 cup frozen whipped dessert topping
4 oz. fruit yogurt
1 cup fresh fruit: strawberries, grapes, or cherries
OR
1 medium orange, banana, apple, pear, or peach



Now Make It!

1. Take the dessert topping out of the freezer.
2. Let it stand on the counter while you get the fruit ready.
3. For strawberries, grapes, or cherries, put the fruit in the colander.
4. Put the colander in the sink. Run cold water over the fruit to wash it.
5. For an orange, peel and pull apart the sections.
6. For a banana, peel it and cut it into chunks with a table knife.
7. For an apple, pear, or peach, have a grownup peel and slice it.
8. Stir together the yogurt and dessert topping until smooth. This is your dip.
9. To eat, dunk the fruit into the dip.



VEGETABLE SNACKS



INDY RACE CAR

This recipe makes one serving.

Tools You Need

Knife Small serving plates Spoon
Small bowl Napkins

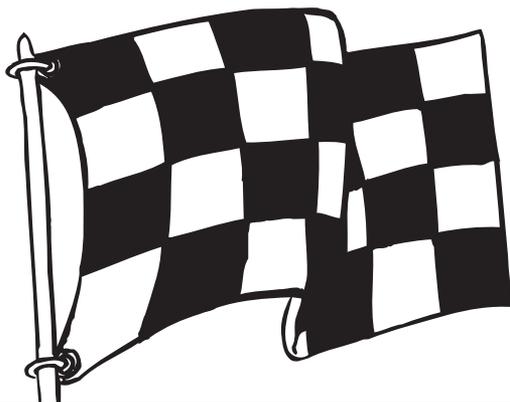
Be careful! Knives are sharp! Parents, supervise your child.

Food You Need

4-inch celery sticks
Cucumber rounds or carrot rounds
Toothpicks or pretzel sticks
Low-fat vegetable dip

Now Make It!

1. Wash celery.
2. Cut celery into 4-inch pieces (car body).
3. Wash cucumbers or carrots.
4. Slice cucumbers or carrots.
5. Stick half of the toothpick or pretzel into the celery body and through the center of the cucumber or carrot slice (these are the wheels). Make 4 wheels for each car.
6. Fill the celery with low-fat vegetable dip.



VEGGIE VENTURES

Raw vegetables can add vitamins and color to a meal. Some children actually prefer vegetables uncooked. Vegetables are also ideal low-calorie snacks for both grownups and kids. You can make vegetables more interesting to nibble by showing children how to construct edible flowers, faces and alphabets. For all three, you will need a selection of washed and scrubbed vegetables. After this fun activity, use a low-fat salad dressing for a dip.

Tools You Need

Large paper plates

Small bowls

Knife

Napkins

Ziploc bags

Be careful! Knives are sharp! Parents, supervise your child.

Food You Need

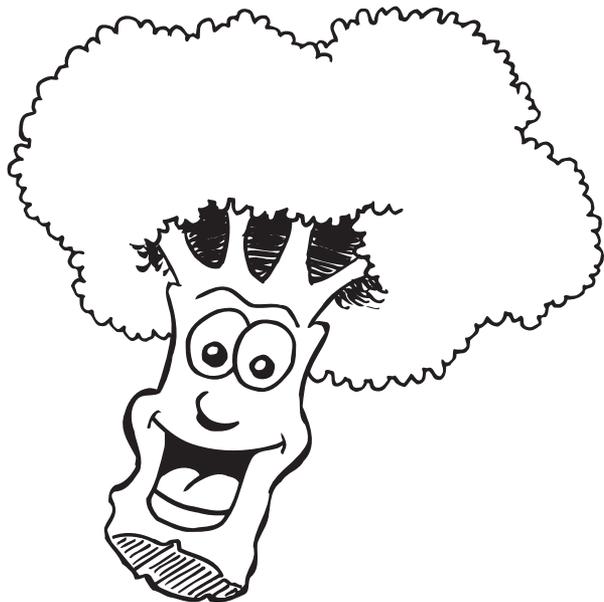
Slices of onion, cucumber, zucchini, and tomato

2-inch sticks of celery, carrot, green pepper, green beans, broccoli, and cauliflower

Radishes

Mushroom caps

Parsley sprigs



Now Make It!

Veggie Faces:

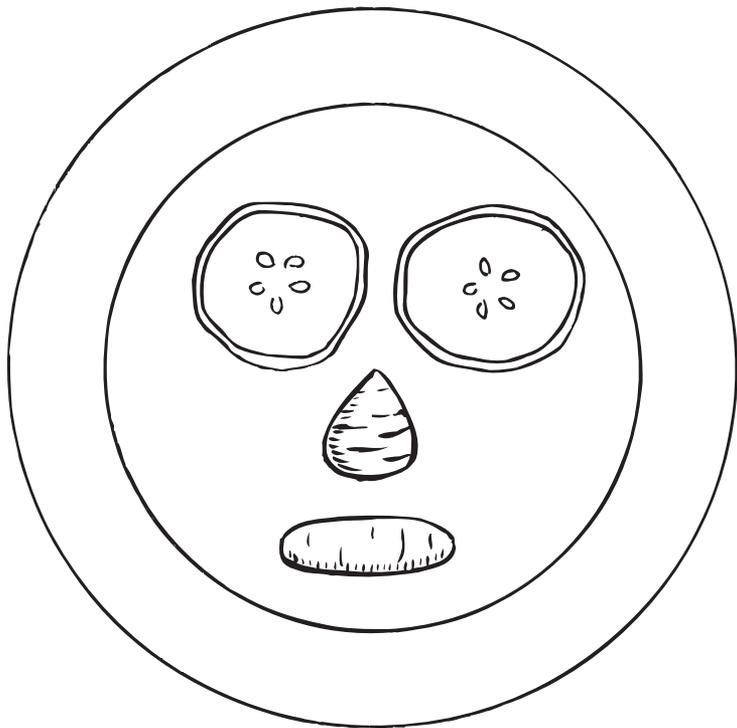
The plate is the "face." Try cucumber slices for eyes, a radish for a nose, mushroom caps for ears, and a carrot stick for a mouth. Sprigs of parsley make wonderful green hair.

Veggie Flowers

Use a round vegetable slice for a flower center. Vegetable sticks can be petals and stems. Try a tomato center with petals of alternating green pepper and carrots. Green beans can be stems, and parsley sprigs can be leaves.

Veggie Alphabets

Give your child a few vegetable sticks and round slices and ask what letters she can make from them. An "O" made from an onion ring can get your child going if he is stumped. Then show her how to make a letter with three of the sticks ("A," or "N"). Have him spell his name!



GRAIN SNACKS



SMILEY FACE, PUMPKIN OR MONSTER TOAST

Children love to make the different colors of milk. They love to create faces on the bread!

Tools You Need

Spreading knife

4 small glasses or cups

Spoons

Small serving plates

Toaster

Small paint brushes

*Be careful! Knives are sharp! Parents, supervise your child.
Help your child use electrical appliances safely.*

Food You Need

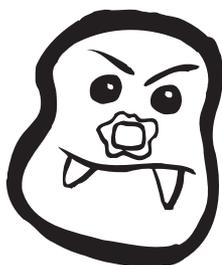
2 cups milk

Red, blue, green, and yellow food coloring

Whole wheat bread

Butter or margarine

Fruit spread



Now Make It!

1. Pour a half cup of milk into each of four small glasses or cups.
2. Add a different food color to each glass—use pastel colors for Smiley Face toast in spring, purple (red and blue mixed) for Monster toast, and orange for pumpkin toast.
3. Dip a small brush in a color and paint a picture on the bread. Use a slightly wet brush so the bread does not get soggy.
4. Toast bread.
5. Butter toast lightly.
6. Spread the fruit spread on the toast.

SNACK ATTACK PIZZA

Many foods can be used as pizza toppings. Have children add small pieces of broccoli, green pepper, pineapple, and mushrooms. Simply saying the word, "pizza," makes many children more open to trying new foods.

Tools You Need

| | |
|----------------------|------------------|
| Small serving plates | Toaster |
| Microwave | Measuring spoons |
| Table knife | |

Be careful! Knives are sharp! Parents, supervise your child. Help your child use electrical appliances safely.

Food You Need

- 1/2 English muffin
- 2 tablespoons pizza sauce
- 1 tablespoon shredded mozzarella cheese

Now Make It!

1. Toast English muffin.
2. Spread pizza sauce over muffin.
3. Sprinkle cheese on top of sauce.
4. Microwave 30 to 40 seconds until cheese is melted.

SNACK IN A SACK

Let each child take a turn shaking the bag! This recipe makes 10 cups (or 20 servings). Place 1/2 cup in a small zipper lock bag.

Tools You Need

Small zipper lock bags

Measuring cups

Napkins

One large zipper lock bag

Spoons

Food You Need

2 1/2 cups pretzel sticks

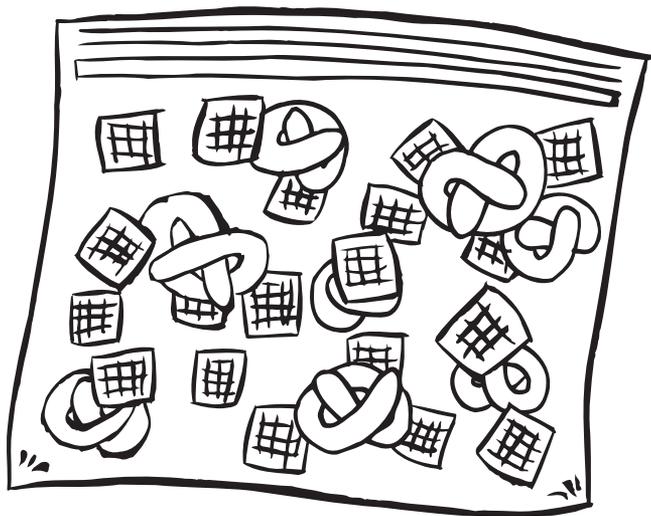
2 cups wheat or multi-bran Chex-brand cereal

2 cups corn or rice Chex-brand cereal

2 cups toasted whole grain oat cereal

Now Make It!

1. Place the pretzels and cereals together in the large zipper lock bag.
2. Seal the bag.
3. Shake until mixed.



PYRAMID IN A POCKET

You can make smaller pitas for little hands by cutting the pita in half. Some grocery stores sell mini pitas. This recipe makes one serving.

Tools You Need

Small serving plates

Can opener

Colander

Measuring spoons

Knife

Napkins

Be careful! Knives are sharp! Parents, supervise your child.

Food You Need

1/2 pita bread

1 slice lean sandwich meat

1 to 2 tablespoons low-fat cheese

1 tablespoon crushed pineapple or pineapple tidbits

1 tablespoon shredded carrots

Honey mustard

Now Make It!

1. Open pita into a pocket.
2. Place meat inside pocket.
3. Add cheese to the pocket.
4. Drain pineapple using colander.
5. Add pineapple to pocket.
6. Add carrots to pocket.
7. While eating, dip pita in honey mustard.



MILK SNACKS



SHAKE A PUDDING

This recipe is even more fun when you play music such as “All Shook Up” or “Shake, Rattle and Roll” while making it! Children love it! This recipe makes 4 servings.

Tools You Need

| | |
|--------------------|------------------------|
| Measuring cups | Quart jar or container |
| 5-ounce paper cups | Spoons |
| Napkins | |

Food You Need

2 cups cold low-fat milk
1 (4-serving) package instant pudding

Now Make It!

1. Pour the milk into the quart container.
2. Add the pudding mix.
3. Tightly screw on jar cap.
4. Turn on the music!
5. Pass the jar around and let each child take a turn shaking it.
6. When pudding is set, pour into paper cups.



SAND CUPS

This recipe makes 6 to 8 servings.

Tools You Need

| | |
|---------------------|---|
| Zipper lock bags | Measuring cups |
| Wire whisk or mixer | Clear plastic serving cups (7-8 oz. size) |
| Spoons | Napkins |
| Bowl | |

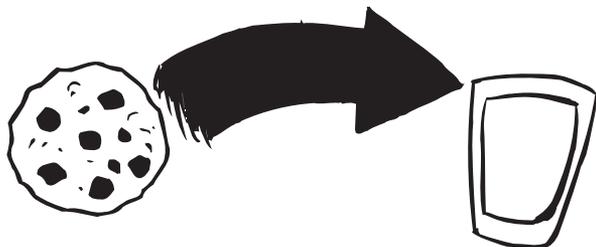
Be careful! Help your child use electrical appliances safely.

Food You Need

- 2 cups cold low-fat milk
- 1 (4-ounce) package vanilla instant pudding
- 30 vanilla wafers
- 2 cups non-dairy whipped topping, thawed

Now Make It!

1. Pour milk into the bowl.
2. Add pudding mix.
3. With a wire whisk or mixer (set on low), beat until well blended (about 2 minutes).
4. Place cookies into a zipper lock bag and smash into crumbs.
5. Spoon the pudding into 6 to 8 plastic cups.
6. Spoon 1/4 cup of whipped topping on top of pudding.
7. Stir the pudding and the whipped topping.
8. Stir in part of the cookie crumbs (the “sand”) into pudding and topping.



STRAWBERRY-BANANA SMOOTHIE

Children will love this slurpie! They love to take turns mashing the buttons on the blender and watching the action. This recipe makes 4 to 6 servings.

Tools You Need

Measuring cups

5-oz. paper cups

Blender

Knife

Straws

Food You Need

2 1/2 cups strawberries

1 ripe banana

1/2 cup vanilla yogurt

1/2 cup orange juice



*Be careful! Knives are sharp! Parents, supervise your child.
Help your child use electrical appliances safely.*

Now Make It!

1. Wash strawberries and remove stems.
2. Peel banana and slice it.
3. Place banana and strawberries in blender.
4. Add yogurt.
5. Add orange juice.
6. Blend on low speed.
7. Pour into cups, and give each child a straw!



Here are some ideas to promote the idea,
"eat five servings of fruits and vegetables every day."

JANUARY

New Year's Day: Warm up with hot apple juice stirred with a cinnamon stick.

FEBRUARY

President's Day: Have low-fat cherry cobbler, cherry crisp or cherry tart.

Valentine's Day: Vanilla wafers with strawberries and skim milk.

MARCH

St. Patrick's Day: "Go for the greens" with kiwi, zucchini, honey dew melon, peppers, broccoli or green apples.

First Day of Spring: Spring is for growing. Plant seeds in cups or pots. Offer a variety of sprouts, like alfalfa and bean, at meal times.

APRIL

April Fool's Day: Pretend brussels sprouts are little cabbages!

Easter: Celebrate by making bunny salads from canned pears.

Passover: Grind up apples with a few walnuts and honey. Sprinkle with cinnamon.

MAY

May Day: Children can make a vegetable "May Pole" platter.

Cinco de Mayo: Explore different kinds of red and green chili peppers.

Mother's Day: Kids, serve your Mom her favorite fruit or vegetable.

Memorial Day: Pack a picnic with favorite fruits and vegetables.

JUNE

Flag Day: Honor the red (strawberries or cherries), white (bananas or pears), and blue (blueberries).

Father's Day: Kids, serve your Dad his favorite fruit or vegetable.

JULY

July 4: Have a picnic! Include potato salad made with nonfat mayonnaise, and watermelons.

AUGUST

Make a peach smoothie for a great after school snack.

SEPTEMBER

Rosh Hashana: Serve fresh apples dipped in honey.

OCTOBER

Halloween: Make jack o'lanterns and pumpkin pudding.

NOVEMBER

Thanksgiving: Salute the pilgrims' first foods of corn, beans, and squash.

DECEMBER

Hanukkah: Make potato pancakes with fat-free cooking spray, and serve them with applesauce.

Christmas: Cook cranberries and make cookies filled with dates, prunes, or figs. Guess how many kinds of fruits and nuts are in a fruitcake.

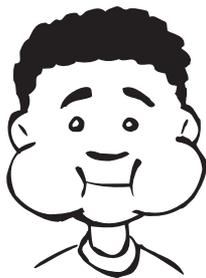
30 MORE SNACKS



1. One cup of Wheat Chex sprinkled with Cajun seasoning mix and baked in an oven until crisp.
2. A small whole wheat pita stuffed with sliced tomatoes, cucumbers, sprouts, and a sauce of lemon juice and Dijon mustard.
3. Fresh fruit chunks sprinkled with cinnamon.
4. Two rice cakes spread with fruit spread.
5. A cinnamon-raisin bagel spread with apple butter.
6. Popcorn sprinkled with salt and chili powder.
7. A juicy dill pickle.
8. Two pretzel rods.
9. A flour tortilla wrapped around vegetarian refried beans.
10. One-half cup of apple sauce sprinkled with nutmeg.
11. A cup of pasta tossed with fresh tomatoes and basil.
12. A cup of beans cooked in Sloppy Joe sauce and served on toast.
13. An English muffin spread with tomato sauce and mushrooms and baked until hot.
14. A frozen banana.
15. A cup of herb tea stirred with a cinnamon stick.

16. Four breadsticks.
17. Four ounces of fruit juice mixed with four ounces of club soda.
18. Six Melba rounds dotted with strawberry jam.
19. One-half cup of split pea soup with four non-fat crackers.
20. One Dole frozen fruit and juice bar.
21. Twenty frozen grapes.
22. Raw vegetables dipped in light dressing.
23. One fresh ear of corn lightly sprinkled with salt.
24. A skewer of mushrooms grilled over coals until lightly browned.
25. A steaming baked potato stuffed with hot vegetables.
26. Three ginger snaps.
27. One slice of toast sprinkled with cinnamon and sugar.
28. A homemade oat bran muffin spread with raspberry jam.
29. One fruit kabob made of melon balls and fruit chunks on a skewer.
30. A bowl of raisin bran cereal with low fat milk.

SNIX SNACKS



CRUNCHIES

- Crackers – plain or with cheese

Saltines

Cheese

Rye

Ritz

Graham

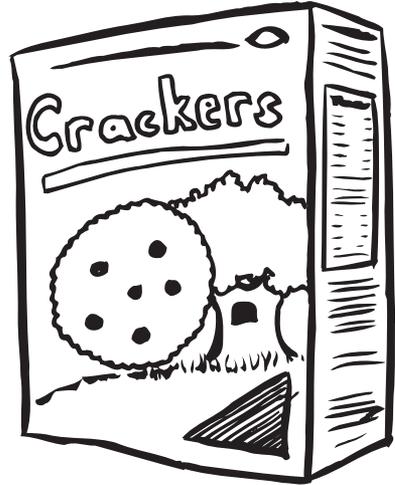
Butter

Oysterette

Melba Toast

Wheat Thins

- Toast squares
- Cheese toast squares
- Wheat bread triangles
- Popcorn



CHEWIES

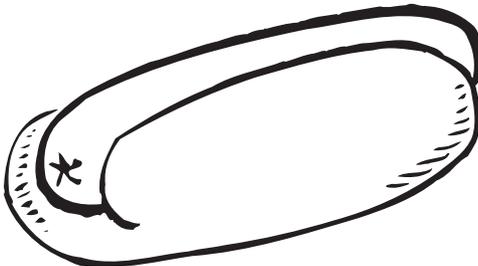
- Cheese cubes
- Hard-cooked or deviled eggs
- Pizza pieces
- Sandwich squares
- Cottage cheese
- Meats

Chicken

Turkey

Hamburger

Hot dog



CHOMPIES

- Raw vegetable wedges or sticks

Cabbage

Celery

Carrots

Cauliflower

Sweet potato

Squash

Cucumber

Radishes

Turnips

Lettuce

Green pepper

Green beans

White potato

Raw fruit slices

Pear

Apple

Coconut

- Nuts – peanuts, almonds, etc.
- Sunflower seeds



SLURPIES

- Plain yogurt mixed with fresh fruit
- Cottage cheese, plain or mixed with fresh fruit
- Applesauce, unsweetened
- Fruit, fresh or canned in its juice

Pineapple

Strawberries

Grapefruit

Peach

Tangerine

Tomato

Watermelon

Cantaloupe

Orange

Apricot

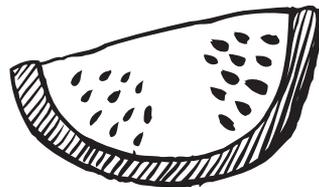
Blackberries

Banana

Plum

Grapes

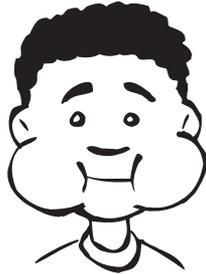
- Milk (skim, or 1 or 2 percent)
- Buttermilk
- Water
- Fruit Juices, unsweetened (not fruit drinks)



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