

Snack It Up: Fruit or Veggie Kabobs

Makes 12 Servings • Serving Suggestion: 1 kabob per child

What You'll Need:

12 6-inch bamboo or plastic skewers. You can use any fruit or vegetable for these kabobs. Below are a few suggestions for foods that are easy for children to skewer.

For Fruit Kabobs

- ½ lb. fresh strawberries
- ½ lb. seedless grapes
- ½ lb. blueberries or raspberries
- 1 cantaloupe

For Veggie Kabobs

- 2 green, red, and/or yellow bell peppers
- ½ lb. cherry tomatoes
- 2 cucumbers
- ½ lb. sugar snap peas or snow peas

Adult Preparation: *(Based on the fruits and veggies suggested)*

Cut cantaloupe in half and scoop out seeds. Cut cantaloupe into squares or scoop into melon balls. Cut peppers into approximately 1 in. squares and cut cucumbers into ¼ in. thick slices.

What Kids Can Do:

Kids can choose which fruits or vegetables they want to put on their bamboo or plastic skewer. Encourage them to place about 5 pieces per kabob.



Snack It Up: Celery Stop Light Snack

Makes 12 Servings • Serving Suggestion: 2 stop lights • Adapted from Super Healthy Kids

What You'll Need:

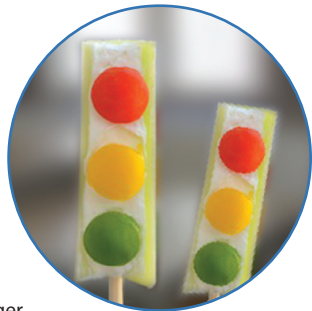
- 12 stalks of celery, each chopped in half
- 1 cup low fat or non-fat cream cheese or hummus
- 1 red, 1 yellow, and 1 green pepper
- Several tops from toothpaste tubes, or other small tops with circular openings (½ inch diameter)

Adult Preparation:

Cut medium strips of bell peppers, one strip of each color for every child. Spread cream cheese or hummus on celery sticks.

What Kids Can Do:

Kids can make red, yellow and green “stop lights” for their celery sticks! Using the larger opening of the toothpaste top (or other top you choose), help kids punch through the pepper strip to make their stop lights. Place the pepper circles in the cream cheese or hummus, and enjoy!





Snack It Up: All About Peppers

Courtesy of Chop Chop Magazine

If you serve the Stop Light Snack, here are some fun facts about peppers you can share with kids.

- 1 large red bell pepper contains **209 milligrams of vitamin C**, which is 3 times the amount in an average orange.
- Peppers are native to Mexico, as well as Central and South America. Pepper seeds were **imported to Spain in 1493**, and then spread to other countries.
- The largest recorded pepper was grown in Israel and **weighed over 16 ounces**. The pepper was nicknamed "Godzilla."



Snack It Up: Red Apple Lady Bugs

Makes 12 Servings • Serving Suggestion: ½ apple per child

What You'll Need:

- 6 whole apples
- 24 toothpicks or pretzel sticks
- About 60 raisins
- ¼ cup of peanut butter or low fat cream cheese
- Paper plates

Adult Preparation:

Slice red apples in half, from top to bottom. Scoop, slice or cut-out the core.

What Kids Can Do:

Have kids place the cut apples face down on their plates. Using a spoon and the peanut-butter or cream cheese, have kids decorate their apples with lady bug spots. Kids can then place a raisin on each lady bug antenna (pretzel sticks or tooth picks) and with the help of the leader, stick them on the top of the apple.





Snack It Up: Healthy Dips

Pump up the excitement for fruit and vegetables by adding a healthy dip!

Try serving a low-fat yogurt dip with fruit or veggie kabobs, or cut-up fruits and veggies on their own.

Here are three easy recipes for yogurt dip:

Sweet Yogurt Dip:

Combine 2 cups of low fat vanilla yogurt, ½ tsp. nutmeg, and ½ tsp. cinnamon. Mix well.

A Dip for Berries:

Combine 1 cup low fat plain yogurt, 1 tsp. vanilla extract, 2 Tbsp. maple syrup, and 1/3 cup of finely chopped walnuts, pecans or almonds. Mix well. Serve with cold berries.

Savory Yogurt Dip:

Combine 2 cups low fat plain yogurt, 1 tsp. garlic powder, 3 Tbsp. lemon juice, ¼ cup grated parmesan cheese, and a pinch of salt and pepper. Mix well.

