

Nutritious Snacks that Children Will Like !

Snacking is a way of life for children. Help your children get the right kind of snacks. Plan your meals and snacks with the Food Guide Pyramid.

Try some of these ideas for tasty treats:

Grains

- * Stuff pita pockets with shredded cheese and vegetables.
- * Spread bread with margarine. Sprinkle with cinnamon and sugar. Serve with milk.
- * Top crackers with American cheese. Serve with milk.

Fruits

- * Freeze orange juice into popsicles.
- * Top toast with banana or apple slices.
- * Mix mashed peaches, strawberries, or bananas with plain lowfat yogurt. Freeze or eat as is.

Vegetables

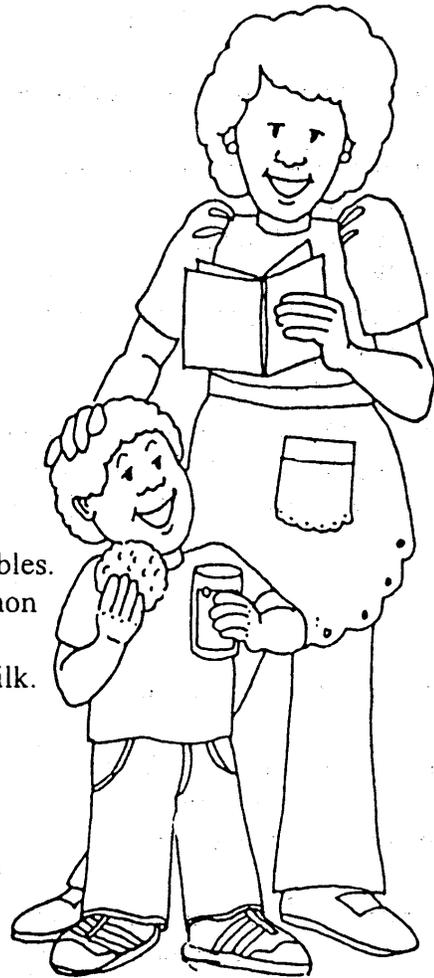
- * Fill celery with peanut butter and sprinkle with raisins.
- * Spread a cabbage leaf with peanut butter and roll it up.
- * Cut celery, carrots, and zucchini into strips and use as dippers with cottage cheese.

Milk and Dairy

Fill a pear half with yogurt or cottage cheese.
Blend bananas with milk for a cool drink.
Wrap a piece of cheese in a lettuce leaf for a take along snack.

Meat and Beans

Spread tortillas with refried beans and fold in half. Cut into two triangles.
Slice apples and spread with peanut butter. Serve with milk.
Boil an egg, peel and enjoy!

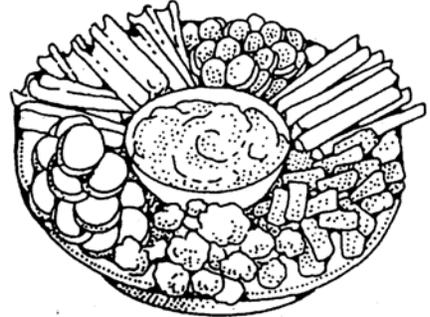


Want More Ideas? Check The Other Side!

Recipes

Cream Cheese Dip and Vegetables

- 1-8 ounce package cream cheese
- 1/4 cup milk
- 1/2 medium cauliflower
- 4-5 stalks celery
- 2-3 small zucchini (about 1 pound)
- 5-6 carrots



Allow cream cheese to come to room temperature, then mix with milk to a dipping consistency. Wash vegetables. Break cauliflower into flowerettes. Scrape and cut carrots into strips. Cut celery and zucchini into strips. Serve with dip.

Peanut Butter WIC Treat

- 4 cups of your favorite WIC cereal
- 1 tablespoon margarine
- 2 tablespoons peanut butter



Melt margarine in a small pan. Add peanut butter and stir until melted. Pour this over cereal. For a change, you can add raisins or peanuts. Popped corn can be used in place of the cereal.

No Bake Chocolate Oatmeal Drops

- 3 cups rolled oats
- 5 tablespoons cocoa powder
- 1/2 cup shredded coconut
- 1 cup honey
- 1/2 cup milk
- 1/2 cup butter



Combine oats, cocoa, and coconut. Put honey, milk, and butter in pan and bring to a boil, stirring constantly. Pour over oat mixture. Mix lightly. Drop by teaspoonfuls on waxed paper. Let stand until firm (10 minutes). Makes 4 dozen cookies.