

INGREDIENTS

1 large red apple, cut into 8 wedges
6 marshmallows
1 small jar of creamy peanut butter
1 large banana, cut into 1-inch slices

FamilyFun Magazine

Fruity Kabobs

It's one of life's snack mysteries: Putting food on a stick improves the flavor. This sweet kabob alternates fruit and marshmallow; for a more savory version, try cubes of turkey or ham with cheese chunks and cherry tomatoes.

To make a kabob, carefully push a skewer through the ingredients, starting with a piece of apple, then a marshmallow, then banana, then another marshmallow. Spread a dollop of peanut butter on top of the marshmallow. Now, skewer a piece of banana and another marshmallow (with more peanut butter) and finish with a piece of apple. Repeat with a second skewer. Makes 2 kabobs.

INGREDIENTS

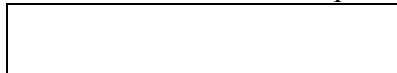
1 medium baked potato
1/8 cup grated cheddar cheese
2 tbsp. milk
1/2 tbsp. butter or margarine
Salt and pepper to taste
Extra grated cheddar cheese,
carrot sticks, red or yellow pepper

FamilyFun Magazine

Tater Boats

The basic baked spud seems so much more adventurous when it's tricked out with a ship's rigging. To save time, bake a few potatoes ahead or use frozen skins, then let kids stuff and decorate them with carrot-stick masts and red- or yellow-pepper sails.

1. Cut the cooked potato in half lengthwise and scoop the insides into a bowl. Mash in the cheese, milk, butter, salt, and pepper, then spoon the mixture back into the potato skin.



INGREDIENTS

1 tsp. cinnamon
1 tbsp. sugar
Two 6 inch flour tortillas
2 tbsp. melted butter

Kringlers

These sweet pinwheels are made by twisting up cinnamon and sugar inside a flour tortilla. When heated, the filling oozes into the dough, creating a comforting snack that is

best when accompanied by a glass of cold milk.

Preheat the oven to 350 degrees. Combine the cinnamon and sugar in a small bowl. Spread out the tortillas on a flat surface and brush with the melted butter. Sprinkle half of the cinnamon and sugar mixture over each. Roll up the tortillas, jelly roll fashion, and set them seamside down in a small baking pan that has been brushed with melted butter. Brush the tops and sides with butter. Bake for 8 to 10 minutes. Cool the rolls and slice them into 1/2 inch pieces. Makes 2 servings.

INGREDIENTS

1-3/4 cups all-purpose flour
1/3 cup sugar
2-1/2 tsp. baking powder
1/2 tsp. salt
1/2 cup creamy peanut butter
1 large egg
3/4 cup milk
1/3 cup butter, melted
1/2 cup strawberry, raspberry, or grape jelly



Peanut Butter & Jelly Surprise Muffins

Hidden inside these moist peanut butter muffins is a secret filling--your child's favorite jelly. If you make up a batch over the weekend, your kids can enjoy them as after school treats all week long.

1. Preheat the oven to 375 degrees. Line a 12 muffin tin with muffin papers. In a large bowl, combine the flour, sugar, baking powder, and salt. In another bowl, mix the peanut butter with the egg. Add the milk, a little at a time, then mix in the butter. Pour the wet batter into the bowl with the dry ingredients and stir gently to combine. The batter will be stiff.
2. Put a heaping tablespoon of batter in the bottom of each muffin cup. Use a finger to make an indentation in the center and put a teaspoon of jelly in the hole. Cover with another heaping tablespoon of batter or enough to fill each cup about 2/3 full. Spread the batter gently until no jelly is visible.

Bake for 20 minutes, then turn the muffins onto a wire rack to cool for at least 10 minutes. Be careful: the jelly centers can get hot. Makes 12 muffins.

INGREDIENTS

Two 6 inch flour tortillas
1/4 cup grated cheddar cheese
1/4 cup grated mozzarella cheese
2 slices thinly sliced smoked turkey or ham
1 tbsp. pizza or spaghetti sauce
Sliced tomatoes, black olives, peppers (optional)



Inside-Out Pizza

Part pizza, part quesadilla, this snack sandwiches cheese, sauce and toppings between two flour tortillas. Your kids can cut the finished pie into slices like a traditional pizza that are just right for sharing.

Place one tortilla on a sheet of waxed paper and sprinkle with half of each cheese. Cover with turkey or ham, a tablespoon of sauce and optional toppings. Sprinkle with the remaining cheese and cover with the other tortilla. Makes 1 or 2 servings.

INGREDIENTS

1/2 cup grated cheese (a mixture of cheddar and mozzarella is good)
1/4 cup chopped pepperoni or Genoa salami
1/8 cup chopped black olives (optional)
4 slices of French bread (sliced 1-inch thick)



Bumpy Road Toast

Shredded cheese and chopped pepperoni are delicious toppings for slices of crusty French bread. Once broiled, the cheese melts and the pepperoni cubes poke up so that the treat resembles a bumpy road. Try also using chopped vegetables or crumbled bacon.

Preheat the oven or toaster oven to 375 degrees. Generously layer the cheese and salami over the olives on the bread slices. Bake for 5 to 10 minutes or until the cheese has melted. Cool for 2 minutes before serving. Serves 2 to 4.

INGREDIENTS

1 cup creamy or chunky style peanut butter
1 cup powdered milk
1-1/4 cups confectioners' sugar
1 cup honey
Optional shredded coconut or chopped peanuts



Peanut Butter Balls

Rolling up these no-cook peanut butter balls gives kids a legitimate excuse for playing with their food.

excuse for playing with their food. For a deluxe version, toss the finished balls in shredded coconut, carob chips, or chopped peanuts and call them "meteorites."

In a medium bowl, combine the peanut butter, powdered milk, sugar and honey. Pull off walnut-sized pieces, roll into balls and set on waxed paper. Refrigerate until firm or roll in shredded coconut or chopped peanuts before chilling. Makes 24 to 30 balls.

http://www.nncc.org/Nutrition/sac43_snacks.sac.html

GRAHAM CRACKER FACE-UPS

1 graham cracker

1 tablespoon peanut butter

Add-ons: 1/4 banana, sliced; 2 tablespoons applesauce, 2 tablespoons crushed pineapple

Sprinkle-ons: 1 teaspoon each of raisins, sunflower seeds, crisp rice cereal, granola, coconut

Break each graham cracker into two squares. Using a table knife, spread each square with peanut butter. Select one of the add-ons to spread on top of cracker. Sprinkle one or more of the sprinkle-ons on top.

CARROT RAISIN ROUNDS

1 carrot, grated

1/4 cup raisins

1/4 cup walnuts

2 tablespoons mayonnaise

2 tablespoons plain yogurt

1 teaspoon lemon juice

4 slices raisin English muffins (could be toasted)

Clean carrot and shred into small pieces. Mix all ingredients except bread. Spread on English muffin halves. Serve.

BAHAMA BAGELS

1/3 cup lowfat cream cheese
1 tablespoon chopped walnuts
1 tablespoon crushed pineapple
2 bagels, sliced in half

Mix cream cheese, pineapple, and nuts in small bowl. Spread on each half of the bagels. Serve.

BANANA ROLLS

6 bananas
1/2 cup peanut butter
1/4 cup coconut
1/4 cup rice cereal

Peel and cut bananas in quarters crosswise. Spread with peanut butter. Roll in coconut and rice cereal. Serve immediately or chill until served.

YOGURT PARFAITS

16-oz. carton lemon or vanilla yogurt
1/4 cup Grape Nuts
1/4 cup fruit of your choice

Sprinkle Grape Nuts in the bottom of a dessert cup. Add a spoonful of yogurt. Add fruit and top with more yogurt. Sprinkle Grape Nuts on top.

Colorful Toasted Bread

What food you need: ; Fresh white bread ; Milk ; Food coloring

What things you need: ; Cookie cutters ; Bowls ; Paintbrushes ; Toaster Oven

What to do: 1. Pour milk into bowls. 2. Add food coloring 3. Cut bread with cookie cutters. 4. Paint bread with colored milk. 5. Toast painted bread. 6. Eat & enjoy!

Date: 10-11-99

Versatile activity; any shape cookie cutter may be used (i.e. train during "Transportation", dog during "Pets", pumpkin during "Halloween", etc.).

Contact_FullName:

Ellen

Contact_Email:

slotnick31822@worldnet.att.net

idea

Edible Art: I brought in several kinds of vegetables that are commonly eaten raw. Of course they were pre-washed. I also brought in toothpicks, the round kind, pointed at both ends. The children put together creations from sliced cucumbers, carrots (sliced large or whole baby), broccoli florets, cauliflower tops. Then, of course, we ate our creations. I was surprised at how many of my kids that normally refuse veggies at lunch really chowed down on their art!

Date: 9-29-99

Name:

Tami

Email:

Tami@tgold.freemove.co.uk

Date: 7-24-99

Edible Necklaces You will need 'shoelaces' of licorice and a box of Cheerio cereal. Thread the licorice shoelaces with the cheerios and tie up. The kids can wear these around their necks prior to going home and can eat them having shown their Mum and Dad's! This originally started as an idea for feeding the birds (by hanging from a tree) but the kids liked them so much they started eating them!

Name:

Nelci

E-Mail:

thenelss@kos.net

Date: 6-28-99

I use this song frequently with children before having snack or before lunch to remind them about manners *Good Manners* (Tune: Zippity Do Dah) Chorus: Zippity do dah, zippity aye *Good manners, we use them every day Please and thank you* is what we say Zippity do dah, Zippity aye

We use them during snack time, at lunch time too. If we need a thing or two all we have to say is? Please and Thank you

Back to chorus Zippety do dah...

Name:

Mindy Blankenbeckler

E-Mail:

mommylove@email.women.com

Date: 6-28-99

In my 4yr.old preschool class we made doughnuts in the shape of the first letter of their name. You simply heat grease in an electric skillet to the side of the classroom. You give the children a small mound of flour on the table in front of them. Then a biscuit from a can and have them mash it. You then give them a cookie cutter in the shape of a letter. They press and you take up the letter and drop it into the grease. Cook till golden brown. Then let cool on a paper towel. When cooled, give the children a baggy with confectioners sugar in it and have them shake their letter in it. You then have a delicious Letter Doughnut. You can also just take the letters to a kitchen and fry your self then return them to have the kids powder them. A big hit.

Name:

Beverly

E-Mail:

baugust@cancom.net

Date: 6-28-99

We had "Bears Walking in the Mud" for snack time and the children just loved it.

Bears Walking in the Mud

Ingredients:

Graham Bears Peanut Butter Roger's Golden Syrup

Mix together the Peanut Butter and the Roger's Golden Syrup. Give each child some Graham Bears and a spoonful of "Mud" the Peanut Butter mixture and let them take their bears on a walk through the mud.

This is great for teaching children what happens when they walk through the mud. I asked if the children thought that walking in the mud was a good idea. I got some really interesting answers.

Name:

Ellyn

E-Mail:

Ellyn333@aol.com

Date: 6-28-99

We make butter using heavy cream. Put the heavy cream into a small plastic container, add a clean marble(makes the process go faster), cover the container and keep shaking it until the cream separates. Pour the liquid out and what's left is butter. Refrigerate, add salt for taste and serve on crackers. The children really enjoy it. Make up a silly song while shaking the cream, it helps to keep them involved.

Name:

Sherry

E-Mail:

SMartin@aol.com

Date: 6-28-99

We end Western Week with a wonderful mock campfire. First, we ask every child to bring a soup can (washed and smooth edged) to drink out of. We provide crescent rolls and tiny smokies to wrap for "pigs in blankets". These are prepared by those who want to cook in our center time. I bake these about 10 minutes just before campfire time. We also have trail mix, tortilla chips and roast tiny marshmallows on tiny sticks about 12 inches long, for dessert. All the "victuals" are loaded onto the chuck wagon and taken to the campfire room which has a log and flashlight campfire prepared with red/yellow/ and orange tissue paper flames. Then we settle down for snacks, songs, and a western story. The children wear all their western clothes and red bandanas that they have made earlier in the week.

Name:

Deborah

E-Mail:

Queenbe352@aol.com

Date: 6-28-99

Aquarium Snack Cups 1 package (4-serving size) blue gelatin 3/4 cup boiling water
1/2 cup cold water ice cubes gummy fish 4 clear plastic cups

Directions: Dissolve gelatin completely in boiling water. Combine cold water and ice cubes to make 1 1/4 cups ice and waters. Add to gelatin, stirring until slightly thickened. Pour thickened gelatin into four clear plastic cups. Suspend gummy fish in gelatin. Refrigerate until set, about one hour. Makes four servings.

Name:

Kelly

E-Mail:

s139922@huntcol.edu

Date: 6-28-99

Here's a craft and snack combo. Have your children paint a small flower pot. After it's dry, wash it and place plastic wrap over the bottom. Fill it with chocolate ice cream and then top it off with crushed oreo cookies and chocolate shell sauce. Place a gummy worm on top. After the kids eat their treat wash the pot again and plant real flowers in the pots.

Name:

Cheryl

E-Mail:

CBSHINFORMATION@PRODIGY.NET

Date: 6-28-99

MAGICAL POTIONS

INGREDIENTS

Vanilla Ice Cream

1/2 cup water

one small package unsweetened soft drink mix

1/2 cup sugar

1 liter of lemon lime soft drink (such as caffeine free Sprite)

Mix the water and sugar. Add the package of powdered mix Add the soft drink

Place one scoop of vanilla ice cream into a cup.

Pour in liquid ingredients.

These look beautiful and taste great.

Name:

CHERYL

E-Mail:

CBSHINFORMATION@PRODIGY.NET

Date: 6-28-99

4TH OF JULY FRUIT CUPS

Ingredients:

Blueberries Strawberries Vanilla yogurt Clear plastic cups

Have children place one layer (one scoop) of blueberries into their cup.

Then 2 scoops of yogurt.

Then 1 scoop of sliced strawberries.

Then one more scoop of yogurt.

It is great to include the children in the preparation of the fruit from washing it, slicing it (if appropriate for your children) and pouring it into bowls.

We also use REBUS cards with pictures and words for each step so the children can read the directions on their own.

Name:

Shawn

Email:

lybarger@internetcds.com

Date: 5-31-99

Stegosaurus Sandwiches Make triangular shaped peanut butter and jelly sandwiches. Add triangular tortilla chips for his spikes. A half a banana cut

lengthwise for the neck and raisins for eyes.

Name:

Mary

Email:

M Devey@aol.com

Date: 5-31-99

"Green Surprise"

I give each child a clean baby food jar filled with cold milk. I place a teaspoon or so of instant pudding in the jar of milk. We put the cover on the jar, and the children shake with all their might. Magically it turns green and thickens. I give them a spoon and they get to eat the green surprise. They love it!!

Name:

Carol

Email:

sqbody@aol.com

Date: 5-31-99

String chunks of fruit, like strawberries, orange chunks, grapes, pineapple onto a cocktail straw and freeze them. At snack time put the straws in a glass of water for the children. The water is sweetened by the fruit and the fruit is their snack. Kids love it and they seem to drink more water this way.

Name:

Terrie
Email:

Date: 5-31-99

Read *Green Eggs and Ham* then let the children make green ham and scrambled eggs/with green colored butter for the toast and a few drops of food coloring in their milk, makes a wonderful memory.

Name:
Eileen
Email:
donut@penn.com

Date: 5-31-99

Irish Potatoes (candy) When done this candy resembles a potato. Mix 2Cups of powdered sugar with a scooped out potato that has been cooked in a microwave. Make sure the potato is very hot. No liquid is needed because the heat from the potato melts the sugar. Add 1 tsp. vanilla and 2 cups of coconut and 1T. butter. Mix well and roll into balls. Roll the balls into cinnamon. This recipe is very forgiving - you can add more sugar if the batter is too thin to roll.

Name:
Christine
Email:
soperfive@netpci.com

Date: 5-31-99

I use a Easter Bunny cookie cutter and cut out two pieces of bread with it then a

piece of cheese. I then make my kids Easter Bunny grilled cheese sandwiches. This works for any occasion you can find a cookie cutter for.

Name:

Connie

Email:

millfam@lookingglass.net

Date: 5-31-99

Mud Pies Peanut Butter (creamy for smooth mud and crunchy for mud with rocks.)
small pie tins (from pot pies) assorted fruits, cookies, crackers, etc.

Give each child a pie tin and a scoop of "mud" and then allow them to put whatever they want into their "mud pies". Have them eat the pies for snack.

Umbrellas

Bread, cake, or rice crispy treats- cut into an umbrella shape Cheese or carrot sticks round cereal

Use the bread etc. for the umbrella, the carrot etc. for the handle and the round cereal as raindrops. Allow each child to create his/her own edible umbrella.

Name:

susan

Email:

mjones4193

Date: 5-31-99

Bee Snack In a mixing bowl, mix 1/2 cup peanut butter and 1 tbs. honey. Stir in 1/3 cup dry milk and 2 tbs. wheat germ and mix well. Lay wax paper on a baking sheet.

Using 1 tbls. at a time, shape peanut butter into ovals to look like bees. Dip a toothpick inot cocoa powder and press lightly across the top of the bees to make stripes. Stick on almonds for wings. Chill for 30 min. before serving. You may need to double this recipe to have enough "bees" for your children. I prepared the bee bodies and let the children do the cocoa and the wings. They had a great time and were surprised at how good they tasted.

Name:

Roni

Email:

unavailable

Date: 5-31-99

A fun educational activity is to show and talk about all the different kinds of corn products such as corn flakes, corn syrup, cornmeal, cornbread and cream corn. Then have a corn tasting party sampling all the different kinds of corn products. This could be extended by obtaining a grinder and grinding corn into cornmeal.

Name:

Darla

Email:

twainlove@compuserve.com

Date: 5-31-99

Cheese Kites- Spread mayonnaise onto a slice of bread. Open a slice of cheese and place on top. Cut in half twice so that you have four small squares. We had the kids draw clouds and a sun with cra-pas and then they placed their four 'kites' in the sky. Add a piece of peel and strip licorice for the string an decorate the kites with

raisons, dried cranberries, peanuts or whatever. The kids loved them.

Name:

Joanne

Email:

CURREYCLAN@JUNO.COM

Date: 5-31-99

DAD'S SNACK MIX

You can use your imagination for this one. We included the following:

Cheese crackers (because he is the "BIG CHEESE" Gummy bears (he's a big teddy bear) Marshmallows (he's a big softy) nuts (sometimes he's a bit nutty) lifesavers (always come to the rescue) Popcorn (need we say more?)

We did cards on the computers and included the ingredients with the explanation. We put the mix in a bag included the card we did on the computer.

Name:

Vicki

Email:

Date: 5-31-99

Flag Cake for July 4th

Bake a white cake in a 9x13" cake pan. Frost with Cool Whip. Create rows of stars with blueberries. Make alternating rows of red and white stripes using sliced strawberries and bananas. Yummy!!!!

Name:

Carol

E-Mail:

sqbody@aol.com

Date: 3-20-99

String chunks of fruit, like strawberries, orange chunks, grapes, pineapple onto a cocktail straw and freeze them. At snack time put the straws in a glass of water for the children. The water is sweetened by the fruit and the fruit is their snack. Kids love it and they seem to drink more water this way.

Name:

Cindy

E-Mail:

qsladams

Date: 3-20-99

Squeeze Fudge Truly a wonderful tasty fudge materials needed: 1 large gallon sized zip lock baggie 1 pound of powdered sugar (1 box) 1/2 cup of butter 3 ounces of cream cheese 1 tsp. vanilla 1/3 cup cocoa

Place all ingredients in the baggie. Release all the air. Seal. Children love to squeeze and squish until you have Fudge!! Clip corner off of baggie and squeeze out fudge. Enjoy.

Name:

Juanita

Email:

Onelight2C@aol.com

Date: 12-21-99

January 31st is national popcorn day. My preschool class enjoy making different flavors of pop corn. we use melted chocolate, powdered ranch dressing. we even use cinnamon and sugar to sprinkle over the pop corn. My threes year olds love mixing the popcorn with the different flavors and they love eating it even more. You may think of some flavors you might like to try.

10-14-98

Name: Liz Sabillón

E-Mail: slsabillon@ibm.net

Here is something fun to do right before snack time in our room. We make a pretend campfire with our wooden blocks. Then I have the children bring there mats around the "campfire" for a story. We turn out all the lights and shut the blinds. Then we make s'mores. (Real s'mores without roasting the marshmallows.) Then I read the story "The Long One". It's a short story from Scholastic's read aloud book. You could ven have children bring flashlights for the "camp out".

9-23-98

Name: Amber

E-Mail: AmberP813@aol.com

APPLE THEME:

Slice up apples into about six pieces. Serve plain and with caramel dip, cream cheese, or peanut butter. Have apple sauce. Drink apple juice.

8-18-98

Name: Jen

E-Mail: adman@mnsi.net

SQUISH-A-ROO'S

Give the children the great big marshmallows. Pour their favorite kind of Jell-O powder into a ziplock bag. Have the children dip their marshmallow into a bowl of water and then place them into the ziplock bag. Lock the bag and shake it up baby! mmm mmm good! Our children loved making their squish-a-roos but the very best part was eating them!

8-18-98

Name: Marilyn

E-Mail: Cabana 94@aol.com

This is an easy snack that I usually do in the Fall, coinciding with our theme on apples. Take a tube of Pillsbury crescent rolls and separate the sheet into individual triangles. Give each child a few slices of apple, and plastic knife to cut into tiny pieces. Have all the children put their cut up apples into a large bowl. have them add some cinnamon, and some sugar to the bowl. Stir to coat apples. Then give each child a triangle of crescent roll dough. Each is to place a tablespoon of the apples mixture in the center of the triangle. Then fold over points of triangle and pinch in the center. Brush a small amt. of butter on top. Place in a 350 degree oven (or toaster oven) and cook until golden brown. Let cool and then sprinkle with powdered sugar and enjoy. They taste like apple turnovers. I sent the recipe how with the children.

8-8-98

Name: Erica

E-Mail: toner5@gte.net

APPLE CINNAMON SHAKE-UPS

Give each child 1/2 apple cut into four slices. Using a plastic knife, have them cut the apple into bite size chunks (usually about 16 per half apple). Give them each a plastic "zip-lock" bag. Fill salt and pepper shakers with sugar and cinnamon OR put sugar and cinnamon each into small butter dishes. Allow children to put about 1 tsp. each of cinnamon and sugar into the baggy. Zip closed. SHAKE SHAKE SHAKE, DO A DANCE JUMP UP AND DOWN!!! When tired, sit down and eat!

8-8-98

Name: Nichole

E-Mail: jimdes.bellatatlantic.net

Brownie Blast

Ingredients

Two brownies

Vanilla Ice Cream

Hot Fudge or Chocolate topping

Whipped cream and cherries are optional

1) Put a brownie on each side of a small bowl.

2) Put two scoops of ice cream on brownies.

3) Put on topping/s and enjoy. (You may use as many brownies and scoops of ice cream as you'd like.)

7-30-98

Name: Barbra

E-Mail: bgjones@wbuffalo.com

Take hot dog wieners & cut "legs" vertically down. I usually cut that half in half, then half those, etc. until I have 8 legs. Take a toothpick & poke 2 holes for the octopus eyes. Pop the wieners into boiling water and watch the "legs" curl up! Every time I use this activity, parents & kids love it and want to do it again. I use it during the week I teach the letter "O".

7-17-98

Name: Marshella

E-Mail: Mars@bcpl.net

Apple Mouths (old favorite)

Red apples

Peanut Butter

Mini Marshmallows

Slice any red apple into eight or more sections. Spread peanut butter on one side of two slices.

Place one slice peanut butter side up on a plate. Place the mini marshmallow "teeth" in the peanut butter, and top with the other slice, peanut butter side down.

7-17-98

Name: Cheryl

E-Mail: Tugboat63@aol.com

A great way to recycle old magazines or catalogs is to use them to put a snack on instead of a napkin or paper towel. The children enjoy seeing the pictures appear as their snack disappears!

7-9-98

Name: Alysse

E-Mail: rainwhenidie@hotmail.com

Bubbly Punch

Mix water, frozen apple juice concentrate and club soda.

7-9-98

Name: Cristina

E-Mail: csalas1@lausd.k12.ca.us

Butterfly Bites

Ingredients: 1 celery cut into fourths

8 twisted pretzels (small)

8 stick pretzels

cream cheese (serves 4)

Spread the cream cheese in the middle of the celery slices. Stick the twisted pretzels in the cream

cheese to make the wings. Stick the pretzel sticks in the front of the celery make antenna. My kindergartners loved flying their "butterflies" around before landing them in their mouths!

6-30-98

Name: Rhonda

E-Mail: RBowers542

Ladybug Treats

I don't remember where I got this but it's great when your theme is insects. Prepare any red jigglers recipe according to box. Drop a few carob chips into mini-sized muffin tin sections. Fill each cup about half full with gelatin mixture and let set as usual. Small pieces of licorice laces can be used as antenna but I omit these for toddlers.

6-30-98

Name: Donna

E-Mail: Apple6827

Birthday Cake..in my handbook each parent has the procedure explained...each child for their own birthday brings in their favorite cake mix and frosting..That child goes into the kitchen with the cook, bakes his/her own cake and frosts it, decorates it with the tube frostings we supply and then serves it to their own class for snack...birthday crown, song and photo to take home helps make it the special day it is. Children in our school-age program still bring their mix in to bake and share! We supply everything except the mix and canned frosting.

6-18-98

Name: Vonnie

E-Mail: VNC145

Rainbow Toast

Color small cups of water with a variety of food coloring. Using Q-tips (or small new paintbrushes),

gently paint the white bread slices (do not mix the colors). Toast and enjoy!

6-6-98

Name: Teri

E-Mail: Teri123@yahoo.com

At my pre-school the parents provide the snack for the entire class. Each parents takes one turn a month. I enjoy doing cooking experiences with the children but had a hard time trying to decide how to get the necessary items. This is what I did. One time during the year each child will be the Head Chef. On this day they bring the necessary ingredients for the cooking experience. During the activity they get to wear the special Chef's Hat. This really does make it special!

5-26-98

Name: Cheryl

E-Mail: C5Joy@aol.com

Butterfly Salad (Serves one)

Ingredients: 2 Pineapple rings, Lettuce leaf, Cottage cheese, Green olives sliced in 1/2, Food coloring, Celery stick

Place lettuce leaf onto a paper plate. Slice pineapple rings in 1/2 to use as an outline of the butterfly's wings. Use celery stick as the body. Place cottage cheese inside of pineapple ring. Decorate the cottage cheese with bits of fruit & vegetables.

Pretzel Butterflies

Ingredients: celery stalks--cut in half, large pretzel twists, pretzel pieces, spreadable cheddar cheese or peanut butter, raisins

Fill each celery piece with soft cheddar cheese (peanut butter). Add pretzels to the cheese to make wings. Use the broken pretzel pieces for antennae and raisins for decoration.

Butterfly:

With a heart-shaped cookie cutter, cut four hearts from slices of American cheese. Place the points of the hearts together to form wings. With a smaller heart-shaped cookie cutter, cut hearts from slices of luncheon meat, and place them on top of the wings. Use a piece of carrot or celery

for the body and raisins for eyes. Make antennae from carrot slivers.

5-2-98

Name: Barbara

E-Mail: BarbMc93@aol.com

HOT Worms- use canned cinnamon biscuits- have children roll out worms and then roll them in hot choco mix (dirt), bake and eat. "Fried Worms" You need: Tootsie Rolls, graham crackers, plastic sandwich bags and napkins. Put a graham cracker in the plastic bag and crumble it. (You could also just give a bag with a few spoonfuls of graham cracker crumbs in it). Roll the Tootsie roll between your hands until it looks like a worm. Shake the "worm" in the graham cracker crumbs Eat!

4-10-98

Name: Sharon

E-Mail: srfsmf@swbell.net

Butterfly Snack:

I am not sure where I got the idea to give credit, but here goes:

Ingredients:

**Head of Lettuce - Tear whole pieces off for wings

**Choice of Celery, Carrots, or anything that can go between the lettuce for the butterfly body

**Slices of fruit or vegetables to put on the lettuce wings to give the butterfly color

**licorice strings that can be used for the antennae

I let the class choose the ingredients that they want and then form their own butterfly. They have always loved this activity and they are each so unique in how they are made.

4-10-98

Name: Elanie

E-Mail: MissElanie@aol.com

Under The Sea Snack

Need Pretzel Rods, Goldfish, Peanut Butter

During our under the sea theme our kids made the usual fish, magnet and paper clip game. We extended this to snack by giving each child a pretzel rod, paper plate with a dab of peanut butter and handful of goldfish crackers. Have the children dip the rod in the bait (peanut butter) and fish for goldfish. When all the fish are gone, eat the rod and bait.

3-13-98

Name: Tammy

E-Mail: curt@mail.com

Power Smoothy

1 medium banana

1 orange

1/2 cup of ONE of the following: milk, orange, pineapple, or apple juice

1 cup vanilla yogurt

3-6 ice cubes

Cut banana into pieces and section orange. Put into blender. Add your choice of milk or juice. Add yogurt, cover and blend until smooth. Add ice cubes, 1 at a time.

Mixture can also be poured into popsicle molds and frozen until set.

2-23-98

Name: Terry

E-Mail: daltontb@earthlink.net

Ironed Grilled Cheese Sandwiches

Pre-heat a regular iron and leave in a safe place until needed. Any age can do this, because the ironing is a one on one activity, supervised by you!

Have children assemble bread, (buttered on both sides with soft butter or margarine) and cheese. Have them place their ready sandwich on foil, fold foil to cover sandwich. One at a time call children over to "grill" their sandwich by holding the iron on the foil. You will need to turn the foil

over so that the other side can be cooked. Usually they are as flat as can be, but just as yummy!

2-17-97

Name: Linda

E-Mail: newberry@freeway.net

I received this idea in one of my college classes and its' a favorite among my pre-schoolers. Simply: Freeze-a-grahams.

Take two whole graham crackers, yogurt (or custard) place in between the graham crackers. Wrap with aluminum foil. Place in the freezer and freeze overnight. You can do a lot of variations with this snack. One of my favorites is to take strawberry cream cheese (fat free) with Cool Whip Free, one package of strawberries. Blend and place in between crackers and freeze. Delicious and nutritious.

2-16-98

Name: Elaine

E-Mail: misselanie@aol.com

Filled Apple (My 4 year olds can do this, but my school age summer kids love it even more!)

Whole apples

peanut butter

granola, wheat germ or graham crackers

assorted leftover snacks, dry fruit, cereal, cheese etc.

Wash chilled apples and let dry. Core out the center with apple corer and remove a small slice off the top of the apple(save).

Set out assorted leftovers such as granola, raisins, cheese chunks, dry cereal, goldfish, coconut, marshmallows, chocolate chips etc.

Let the kids mix their favorites into a dab of plain peanut butter(can be mixed with honey(if older kids), jelly, jam if you wish.

Let the kids spoon their creation into the top in the apple and pack inside. Replace apple top or roll top of the apple in crushed graham cracker, wheat germ or granola.

This is a great take along snack for those field trips or hikes outdoors and a good way to use up

those little bits of food left over.

2-16-98

Name: LINDA E-Mail: lindalisa@iquest.net

Penguins: one oreo cookie. Twist off one side and break into two piece. These are the wings of the penguin. Put back on other half with white side showing. Spread two pieces out like wings. Add a chocolate kiss as the head and beak.

1-25-98

Name: ginny E-Mail: Msginnyedu@aol.com

We made ice cream this week using two coffee cans. It was great fun for all of us and was delicious!

Ingredients

small and large coffee cans

1 cup milk

tape

1 cup heavy cream

measuring cup and teaspoons

1/2 cup sugar

stirring spoon

1/2 tsp. vanilla

bowl

crushed ice

rock salt

I did 2 batches for 12 pies with some left over

Mix up the ingredients and put into the small can; tape shut; put inside the big can; add layers of ice and rock salt; tape shut; roll around for 20 minutes; open and spoon out....DELICIOUS! We put ours into graham cracker mini pie shells and lapped it up as "Snow Pie" to go along with our Three Little Kittens Winter story....we lapped it just like those darling kittens after we found our mittens in a game.

1-24-98

Name: Tammy E-Mail: curt@mail.com

P.B. Protein Balls

1 cup peanut butter

1/2 cup nonfat dry milk

1/2 cup raisins

1/4 cup honey

Graham Cracker Crumbs

Mix all ingredients except the graham crackers. Shape mixture into balls and roll into cracker crumbs. Store in the refrigerator.

Just remember children under a year old can not have honey.

Name: Tammy E-Mail: kappaomnu@hotmail.com

Yummy Pita Pockets

Ingredients: Pita Pockets

Creamy Peanut Butter

Simply Fruit, your choice of flavor

Bananas, cut into 1/2" slices

Apples, cut into really thin slice

Optional fruit toppings (raisins, grapes, etc.)

To make: Cut pita pockets in half. Open them up, spread peanut butter and Simply Fruit inside. Place inside each half banana slices, apple slices, raisins or fruit of your choice. Even if you don't like Peanut Butter and Jelly Sandwiches, you will probably like these.

Name: Teri

E-Mail: Prektchr1@Aol.com

I like to let all the children be involved at one time in making a snack. So what I do is measure out all the ingredients first. If we were making chocolate chip cookies I would measure out the flour we need into one bowl the sugar in another and so on. Until every ingredient is in its own bowl. Then each child gets their own bowl and spoon to scoop out what ever ingredients they want into their bowls. After they feel they have sufficiently mixed all the ingredients go into one community bowl and get mixed. This saves you from having kids get impatient waiting for a turn to mix the ingredients or add the ingredients. It is a mess for you but saves on impatient kids.

A favorite recipe of mine is the day we visit "France" We talk in French for the day and play games that the children play in France and then we make this simple dessert pastry the kids all love.

Ingredients:

A pkg. of crescent rolls-enough for 1 each child

A pkg. of chocolate chips

Powdered sugar

What to do:

Open up crescents rolls flat. Put some chocolate chips in middle. Fold like a pastry (triangle shape) seal the ends and bake in oven till chips melt and pastry browns somewhat. Cover with powdered sugar when warm. YUMMY!

Name: Billie Jo

E-Mail: SofyHair@aol.com

Banana Smoothy

Mix 2 large bananas, 2 cups milk, 1 tsp.vanilla extract and 6 ice cubes in a blender until smooth. You can substitute any fruit you like for the bananas or mix different fruits for an awesome taste.

Name: Daylene

E-Mail: aactchrday@aol.com

Mini Bagel Pizzas

Mini Bagels

Canned Pizza Sauce

Shredded Mozzarella Cheese

Split the mini bagels in half. Spread the pizza sauce on the halves and sprinkle with mozzarella cheese. Pop the mini-pizza's into a toaster oven or microwave. Cook until the cheese bubbles. For a great cooking experience, let the children make the pizza's themselves.

Name: Daylene

E-Mail: aactchrday@aol.com

Biscuit Creations

canned biscuits

peanut butter

cookie sheet

Give each child two raw biscuits. Let them create anything they want with their dough. Place their creation on a cookie sheet. Make sure for health reasons, you label each child's biscuit. Bake according to the instructions on the can of biscuits. When cool, talk about the different shapes, how they changed, etc. with the children then eat with peanut butter. Lots of fun and yummy too!!!

Name: Kathleen

E-Mail: Derv97@aol.com

Quickie Cookies

1 pkg. cake mix-any variety

1 stick of butter

1 egg

Lightly grease cookie sheets. Mix all ingredients until dough forms. Roll out dough and cut with cookie cutters to desired shape. Bake at 350 in preheated oven. Bake 10 minutes. Take out, cool and frost if wanted. Enjoy.

Submitted by: Michele

E-Mail: roulston@hypertech.yk.ca

Soft Pretzels

2 pkgs. dry yeast(2Tbsp)

1 1/2 cup warm water

2 tsp. salt

2 Tbs. sugar

1/2 cup raisins

4 cups flour (include 1/2 cup whole wheat)

4 Tbs. milk

Toppings

Preheat oven to 425 degrees. Dissolve yeast in warm water. Add salt and sugar, mix well. Add raisins, Beat in flour and knead dough until smooth about 10 min. (The children can do most of this with a little help) Give each child a piece of dough and let them roll shapes, or use cookie cutter shapes. Brush or dip into milk, then dip into topping i.e. poppy or sesame seeds or sprinkles. Bake for 12 -15 minutes until Brown. Enjoy!

My group of kids the youngest being 1 1/2 yr. love this activity and of course what kids doesn't like to eat something they created!!!!

Name: Daylene

E-Mail: aactchrday@aol.com

Confetti Celery

1 raw carrot, finely chopped

1/4 cup finely chopped red bell pepper

1/2 cup cottage cheese

1/4 cup parmesan cheese or mozzarella cheese

6 celery stalks cut in half

Mix the first four ingredients together. Stuff celery. Even your picky eaters will enjoy this one!

Name: Daylene

E-Mail: aactchrday@aol.com

Fruit Cobbler Crunch

4 8 oz cans of peaches, pears, apricots, or plums

4 tsp. cinnamon

8 Tbs. granola

8 Tbs. vanilla yogurt

Drain fruit. Divide the fruit among 8 plastic bowls. Sprinkle cinnamon on top. Add granola and yogurt. Makes 8 servings.

Name: Daylene

E-Mail: aactchrday@aol.com

Banana Dogs

Ingredients

Bananas

Hot Dog Buns

Peanut Butter

Spread the peanut butter in the hot-dog buns. Place the banana in the hot dog bun. Enjoy!

Name: Daylene

E-Mail: aactchrday@aol.com

Peanut Butter Pinwheels

Ingredients

Four tortillas

Peanut Butter

Give each child a tortilla. Have them spread the peanut butter on the tortilla. Show the children how to take one edge of the tortilla and roll it up into a tight cylinder. Have the children use a plastic knife to cut the rolled up tortilla into sections.

Name: Daylene

E-Mail: aactchrday@aol.com

Ants on a Log (An old favorite)

Ingredients

1 stalk of celery for each child

Raisins

Spread a stalk of celery with peanut butter. Cover with raisins.

Name: Daylene

E-Mail: aactchrday@aol.com

Apple Yum-Yums

Ingredients

1 Package of refrigerator crescent rolls

Apples

Mini marshmallows

Butter

Cinnamon

Sugar

Unroll 1 package refrigerator crescent rolls into 8 triangles. Have the children add about 3 or 4 thin apple slices, 4 mini marshmallows, and 1 small piece of butter. Sprinkle with cinnamon. Lift the corners and pinch together to seal. Sprinkle with cinnamon sugar. Bake at 375 for 10 min or until lightly brown.

Name: Daylene

E-Mail: aactchrday@aol.com

Under the Sea Snack

Ingredients

blueberry Jell-O

gummy fish

Prepare blueberry Jell-O as directed. Pour into clear glasses and refrigerate until partially set (about 1 hour). When partially set insert gummy fish into Jell-O. Set until firm.

Name: Daylene

E-Mail: aactchrday@aol.com

Anna Banana Snack

Ingredients

bananas

graham crackers

whipped cream

Have the children cut up the banana's in bite size pieces with plastic knives. Place cut up bananas on graham crackers. Add a glob of whipped cream. Place another graham cracker on top and have child squish down. Messy yummy fun!!

Submitted by: Cheryl

E-Mail: C5Joy@aol.com

Happy Face Sandwiches

Ingredients

Bread

Peanut butter

Raisins

Chocolate chips

Alfalfa or bean sprouts

Other small food items

Spread peanut butter on one side of bread - openfaced. Have child make eyes, nose, mouth and hair from other items provided. Encourage kids to be creative and eat what they create.

Variation: Use cheese spread & veggies for facial features, on an English muffin, for a pumpkin face!

Submitted by: Cheryl **E-Mail:** C5Joy@aol.com

Peanut Butter Caterpillars

Ingredients

Banana

2 tbs. peanut butter

grape

Peel and slice a banana. Spread slices with peanut butter and connect the slices. Add a grape up front for the head ("gluing" with more peanut butter). If desired, make this a game with the child - what veggie can we add to make antennae? etc. (maybe a strip of celery).

Submitted by: Cheryl **E-Mail:** C5Joy@aol.com

Chicken Pox Pancakes

Ingredients

Strawberries

Pancake mix

Bananas

Powdered sugar

Chop the berries into small chunks, allowing one or two per pancake face. Set aside. Prepare the pancake mix according to package directions. When the pancakes are done, place each serving in a stack on a separate plate. For every two stacks of pancakes, you need to peel one banana. Carefully slice off the two ends and put one on top of each stack for a nose. Then cut two thin slices from each end for eyes. Then cut banana in half for a long curved mouth.

Enjoy!

Name: Daylene
aactchrday@aol.com

E-Mail: aactchrday@aol.com Name: Daylene

E-Mail:

Yummy Flower Pot

Ingredients

1 package (4 serving size) chocolate pudding

2 cups cold milk

1 8 oz. package of cream cheese

1 8 oz. container of thawed Cool Whip

2 small packages of Oreo cookies (crush and save 15 crushed cookies)

Gummy worms

1 clean flower pot with no holes

1 bunch of clean silk flowers

Make the pudding according to the box instructions. Add cream cheese and Cool Whip. Mix. Add cookie crumbs and mix. Pour the mixture into the flower pot and top with 15 crushed cookies.

Refrigerate and put flowers into pot before serving. Garnish with gummy worms.

Name: Daylene

E-Mail: aactchrday@aol.com

Bear Biscuits

Ingredients

3 tube-style refrigerator biscuits for each child

cinnamon sugar

ungreased baking sheet

honey

butter

Shape 1 biscuit into the body. Take the second biscuit and divide it into four equal parts for the arms and legs. Take the third biscuit and use half for the head and divide the remain half into fourths for the two ears. Roll each piece in the cinnamon sugar. Put the pieces together. Bake at 425 for 8-10 minutes. Serve with honey butter: 1/2 cup of butter mixed with 4 tablespoons of honey.

Name: Ginny

E-Mail: Msginnyedu@aol.com

Edible Jewelry

Use cereal with holes (Froot Loops, Cheerios,etc.), gummies with holes, pretzels and licorice "whips" to string up to make an edible necklace or bracelet. Be sure to attach one piece of cereal or pretzel to the end so the others don't slide off while they are being strung up. This is great for reinforcing fine motor, patterning, sequencing, eye-hand co-ordination, etc.

Name: Daylene
aactchrday@aol.com

E-Mail: aactchrday@aol.com **Name:** Daylene

E-Mail:

Activity Monster Cookies

Ingredients

oatmeal cookies

candy corn

chocolate chip pieces

raisins

Each child creates a monster cookie by making a face on an oatmeal cookie (can be precooked or store bought cookies) by using candy corn, chocolate chips, marshmallows, raisins, etc. Place the cookies on a cookie sheet and place in a hot oven just long enough for the faces to melt. This creates truly monster faces.

Name: Daylene

E-Mail: aactchrday@aol.com

Dino Sandwiches

Ingredients

For each student:

1 slice of bread

tuna salad

1 raisin

Spread one slice of bread with tuna salad. Use dinosaur cookie cutter to cut a dinosaur from the center of the bread. Press on a raisin to make the eye.

Name: Daylene

E-Mail: aactchrday@aol.com

Ghost Toast

Ingredients

loaf of bread

margarine

shredded coconut

raisins

chocolate chips

Each child makes ghost toast by spreading margarine to make faces on toast then sprinkling coconut on it. Put raisins or chocolate chips for eyes and mouth. Toast. Great for Halloween.

Name: Jennifer

E-Mail: Huntfdc4u

Activity

One of the kids favorite snacks is made by themselves. I just set out the ingredients and they get to work. They use graham crackers, cover it with peanut butter and then sprinkle mini candy circles on top. They always look forward to this snack and ask repeatedly when we will have it again.

Submitted by: ginny

E-Mail: Msginnyedu@aol.com

Activity

Birthdays need a special snack or food experience. In our class we use mini rice cakes (choco is our favorite); we give the children 3 cakes each, a tablespoon of icing, flavored cream cheese or peanut butter (depending on the day), a spreader, some sprinkles, pieces of licorice cut up (candles-give the # for age of birthday child). The children "ice" their cakes and assemble them in 3 layers. They then decorate them with the sprinkles and "candles". We sing the Birthday Song, "Somebody's Birthday" (Greg & Steve Special Songs), that goes, "mixin' up the batter to a Birthday cake, shove it in the oven and watch it bake, add on the icing and the candles too, today's Somebody's Birthday. What's your name, How old are you, Blow the Candles Out, Happy Birthday, WE LOVE YOU!!"

Watermelon "Zipper sippers"

Materials



Watermelon



Ziplock Bags



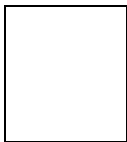
Dull knife



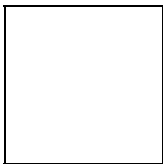
Straws

Activity

Give each child a slice of melon. Melon should be cut with a dull knife or side of fork into small cubes. Remove the seeds, and place the melon chunks into the bag. Place a straw into the corner of the bag, and close the zipper around the straw. The child then squishes the melon, making juice. Drink! Afterwards, the pulpy leftover can be eaten.



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