

Fun Snacks for School

- ◆ Make “applewiches” by coring an apple and cutting it into rings. Spread light cream cheese or peanut butter between two rings. Stand animal crackers in the middle and make a merry-go-round.
- ◆ Cut slices of bread into fancy shapes with cookie cutters, cover with favorite meat spread such as tuna salad, and serve with carrot sticks.
- ◆ Make “ants on a log” by spreading nut butter on celery sticks and top with raisins.
- ◆ Make “treasure logs” with slices of lean meat rolled around cubes of reduced fat cheese and secured with toothpicks. Serve with pickle chips and fruit juice.
- ◆ Offer a fruit-n-cheese kabob by alternating chunks of fresh fruits and cubes of reduced fat cheese on a bamboo skewer, toothpick or pretzel.
- ◆ Allow children to make their own little sandwiches with small squares of bread, squares of lean meat, and triangles of reduced fat cheese.
- ◆ Send fresh fruits, such as melon balls, apple slices, banana chunks, and blueberries.
- ◆ Make a “Peter Rabbit Salad” with a pear half, cherry nose, nut eyes, prune ears, and carrot whiskers.
- ◆ Try “Peppy Popcorn” by adding Parmesan cheese and garlic butter to popped corn.
- ◆ Spread peanut butter or cream cheese between two graham cracker squares.
- ◆ “Nuts and Bolts” made with unsugared ready-to-eat cereal, peanuts and pretzel sticks heated together with margarine, Worcestershire sauce and garlic salt. Serve with some fruit juice.
- ◆ Gulp some “Gorp” – Combine equal amounts of seeds, nuts, and dried fruits. Choose from sunflower seeds, pumpkin seeds, peanuts, cashews, walnuts, and Brazil nuts, raisins, dried apples, apricots, dates or figs.
- ◆ Make nutty rice cakes by spreading peanut butter or light cream cheese on rice cake. Create a happy face with dried fruit.
- ◆ Try a Deviled egg: take a hard-boiled egg, cut in half and scoop out the yolk. Mix the yolk with low fat mayonnaise until fluffy. Scoop back into egg whites and sprinkle with paprika.
- ◆ Serve applesauce with a sprinkle of cinnamon and nutmeg and two teaspoons of dried fruit, or a dried fruit mix. To increase the munch factor, add a mini-muffin on the side.
- ◆ Have sticks with dip. Clean and dry an empty yogurt container. Pour small amount of dip in the bottom and stack vegetable or fruit sticks.
- ◆ Try pretzels dipped in honey mustard.

OCHD Nutrition Services February 2004



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