

— Kids Zone —

Healthy Foods Can Be Yummy and Fun!

Here are some fun and healthy food ideas to try with the family.



caterpillar kabobs.

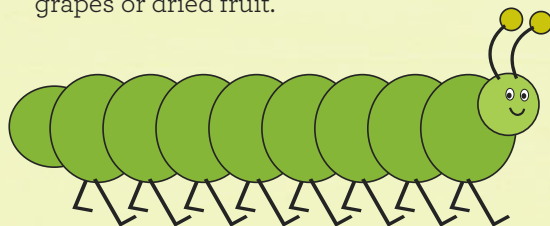
Assemble chunks of grapes, apple, orange and pear on popsicle sticks. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers or tomatoes.

smoothie creations.

Blend fat-free yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned and even overripe fruits. Try bananas, berries and/or pineapple. If you freeze the fruit first, you can even skip the ice!

fruity peanut butterfly.

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.



bugs on a log.

Use celery or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries or cherries, depending on what “bugs” you want!

homemade trail mix.

Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts or sunflower seeds mixed with dried apples, pineapple, cherries, apricots or raisins. Add whole-grain cereals to the mix, too.