**Menu Suggestion**
Fruit/Granola Parfaits
Graham Crackers

**Equipment Needed**
- ☐ mixing bowl
- ☐ measuring cups
- ☐ measuring spoons
- ☐ mixing spoon
- ☐ cutting board
- ☐ knife
- ☐ 4 small glasses
- ☐ spoons

**Shopping Tip**
To lower fat content, use fat-free, ½% or 1% milk and low-fat granola.

**Nutrition Tip**
This snack provides a half serving of milk and 1 serving of fruit.

**Food Safety Tip**
Everyone needs to wash their hands before making and eating this snack.

**Quick Tip**
Put milk and pudding mix in a sealable container and shake to mix.

**Other Creative Ideas**
Use favorite pudding flavor. When in season, use fresh berries.

---

**FRUIT/GRANOLA PARFAIT**
Servings - 4

2 cups low-fat milk
1 box instant pudding mix
2 bananas or 1-15 oz. can of fruit
1 cup granola cereal

1. Mix up pudding.
2. Pick one fruit. Cut fruit into pieces.
3. Spoon 2 tablespoons of pudding into glass.
4. Add a layer of fruit.
5. Add a layer of pudding.
6. Add a layer of granola.
7. Add another layer of pudding.
“Let me help.”
Kids can help with mixing up or “shaking up” the pudding and then building their parfait.

Snack Time/Family Time
Keep in mind that young children have short attention spans and may get noisy during meal-time. Quietly remind them to use their “inside voices”, but also expect some noise.

---

### Nutrition Facts

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Calories per gram:
- Fat 9 · Carbohydrate 4 · Protein 4
**Menu Suggestion**
Noisy Nibble Mix
Fruit Cocktail

**Equipment Needed**
- large microwave-safe bowl
- measuring cups
- measuring spoons
- rubber spatula or mixing spoon
- shallow pan
- airtight container

**Shopping Tip**
Watch sale ads and stock up on cereal when it is on sale.

**Nutrition Tip**
This snack mix is a great way to include more fiber in your diet.

**Food Safety Tip**
Don’t forget to wash and sanitize the inside of your microwave after each use.

**Quick Tip**
This recipe is also a great way to use up small, leftover amounts of cereal.

**Other Creative Ideas**
Add dried fruit or other types of nuts.

---

**NOISY NIBBLE MIX**
Servings - 15

2 tablespoons butter or margarine
½ cup chunk-style peanut butter
1 cup small twisted pretzels
1 cup peanuts
5 cups - bite-size shredded corn, wheat, rice, or bran squares; bite-size shredded wheat biscuits; or round toast-ed oat cereal

1. Put the butter or margarine and peanut butter into a large non-metal mixing bowl. Do not cover. Place in the microwave oven; set on full or high (100%) power. Set the timer for 1 minute and 30 seconds, if the butter is not melted and the peanut butter is not soft, micro-cook, uncovered, on high for 30 seconds more. Use a rubber scraper to stir until well mixed.

2. Add the cereal, pretzels and peanuts to the peanut butter mixture. Toss gently with 2 rubber scrapers until the cereal mixture is coated with the peanut butter mixture. Micro-cook, uncovered, on high for 6 minutes. Stir after 2 minutes and after 4 minutes.

3. Spread the mix in a large shallow pan to cool. Store in a tightly covered container. Makes about 7½ cups mix.

**Source:** Better Homes and Gardens, “Microwave Cooking for Kids”.
“Let me help.”
Teach kids how to use the microwave safely to avoid burns.

Snack Time/ Family Time
Avoid snacking in front of the TV. Kids as well as adults can easily overeat.

**Nutrition Facts**

| Serving Size (42g) | Servings Per Container 15 |

| Amount Per Serving | Calories 190 | Calories from Fat 80 |

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<td>Protein 6g</td>
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| Vitamin A 4% | Vitamin C 2% |

| Calcium 4% | Iron 20% |

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Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4
SNACKS

EASY PEACH CRISP

Servings - 8 (1/4 cup)

3 cans (16 oz.) peaches, drained and sliced
3 tablespoons margarine
1/4 cup flour
1 cups uncooked oats, quick or old fashioned
1/4 cup brown sugar
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg

1. Spray an 8-inch square glass baking dish with cooking spray and arrange peaches on bottom.
2. Melt margarine in a small glass dish in microwave for 45 seconds.
3. Mix flour, oats, brown sugar, cinnamon and nutmeg in a bowl. Add margarine and mix until crumbly.
4. Sprinkle mixture over peaches.
5. Microwave uncovered for 7-8 minutes.
“Let me help.”

Kids can help with mixing. Teach microwave safety as pans in a microwave get hot. Use dry hot pads to remove the peach crisp for cooling.

Snack Time/
Family Time

Time snacks so that kids will be hungry at mealtime. Allow 2-3 hours between meals and snacks.

---

Nutrition Facts

Serving Size (196g) 8 - ¾ cup

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Vitamin A 30%  Vitamin C 8%
Calium 2%  Iron 8%

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Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

---

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777
Equipment Needed
☐ large bowl
☐ mixing spoon
☐ can opener

Shopping Tip
Stock up on canned fruit when on sale. Mix and match to suit your taste.

Nutrition Tip
Pudding Fruit Cups turn fruit into a great dessert. If watching sugar, use “No Sugar Added” instant pudding and fruit in lite syrup or juice pack.

Quick Tip
For an instant dessert, chill cans of fruit ahead of time. Pudding mix will thicken in a couple of minutes.

Other Creative Ideas
Besides vanilla instant pudding, you could use lemon, pistachio or any other flavor that you like.

PUDDING FRUIT CUP
Servings - 8 (1 cup) or 15 (½ cup)

1 can (11 oz.) mandarin oranges, drained
1 can (16 oz.) fruit cocktail, drained
1 can (20 oz.) pineapple tidbits, undrained
1 box (3.5 oz.) instant vanilla pudding
2 bananas

1. In a large serving bowl, combine fruits.
2. Stir in dry pudding; mix well. Cover and refrigerate.
3. Just before serving, slice bananas and stir into salad.
### Nutrition Facts

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**Vitamin A:** 8%

**Vitamin C:** 30%

**Calcium:** 0%

**Iron:** 4%

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<tr>
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**Calories per gram:**

- Fat: 9
- Carbohydrate: 4
- Protein: 4

---

**“Let me help.”**

Let children sprinkle in the pudding mix and stir.

**Snack Time/Family Time**

Children need 2-3 snacks each day besides 3 meals. If mealtime has been too hectic, take a few minutes to eat a snack with your child and relax.
Equipment Needed
☐ mixing bowl
☐ measuring spoons
☐ mixing spoon
☐ small bowls
☐ spoons

Shopping Tip
Yogurt contains more live active cultures the fresher it is. Check dates on the container.

Nutrition Tip
This snack is low in fat and a good source of calcium.

Quick Tip
Keep this snack mixed up and in the refrigerator so that kids can help themselves at snack time.

Other Creative Ideas
Use dried cranberries or other dried fruits, and other nuts such as sliced almonds.

SUPER YOGURT
Servings - 4

2 - 8 oz. cartons plain low-fat yogurt
1 cup chopped fruit
   (apples, berries, peaches or bananas)
½ cup raisins, nuts or sunflower seeds
2 tablespoons lemon or vanilla instant pudding mix

1. Mix all ingredients.
2. Refrigerate or serve immediately.

NOTE: Calories and nutrient value were calculated using 1/4 cup raisins, 1/4 cup sunflower seeds and 1 cup bananas. Caloric count will depend on ingredients used.
“Let me help.”
Kids can make this recipe with some supervision.

Snack Time/
Family Time
Although kids may make a mess when cooking, they are more likely to eat what they make, which makes mealtime and snack time more pleasant.

Nutrition Facts

Serving Size (177g)
Servings Per Container 4

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Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4
## Equipment Needed

**Basic Rice**  
- ☐ measuring cups  
- ☐ large saucepan  
- ☐ mixing spoon  

**Convenience Mixes**  
- ☐ rice  
- ☐ seasonings  
- ☐ bouillon  
- ☐ airtight containers  
- ☐ jars or zip-lock bags  
- ☐ tape for labeling

---

## Recipe Basics

### Basic Rice

2 cups water or broth  
1 cup rice  

1. In a large saucepan, bring water or broth to a boil.  
3. Add lid. Do not lift lid or stir while cooking.  
4. Cook 15-20 minutes. Rice should be dry, fluffy, firm but tender.

### Convenience Rice Mixes

**Seasoning Suggestions:**  
- ginger  
- cinnamon  
- onion  
- paprika  
- garlic  
- curry  
- mint  
- rosemary  
- parsley flakes  
- chili powder  
- oregano  
- dried vegetables  

**Recipe Examples:**

**Beef Rice**  
1 cup rice  
4 tsps beef bouillon  
1 tsp dry onion bits  
½ tsp garlic salt

**Cinnamon Rice**  
1 cup rice  
½ cup raisins  
1 tsp cinnamon

**Curried Rice**  
1 cup rice  
1 tsp curry

**Chicken Rice**  
1 cup rice  
4 tsps chicken bouillon  
1 tsp dry onion bits  
½ tsp paprika  
½ cup sliced almonds

**Spanish Rice**  
1 cup rice  
½ tsp chili powder  
½ tsp paprika  
1½ tsps dry onion bits  
2 tps parsley flakes

**Ginger Rice**  
1 cup rice  
4 tsps beef bouillon  
1 tsp ginger  
1 tsp parsley flakes  
1 tsp dry onion bits  

1. Make sure all containers are clean and completely dry.  
2. Measure rice, spices and bouillon directly into the container.

---

## Shopping Tip

Rice mixes can be expensive. Refer to recipe examples to make your own rice mixes.

## Nutrition Tip

Enriched white rice is a good source of iron and B-vitamins. Rice is rich in carbohydrates and low in fat and sodium. Brown rice is higher in fiber.

## Food Safety Tip

Cooked rice is a potentially hazardous food. Divide leftovers into small containers and refrigerate promptly. Use within 4 days.

## Quick Tip

Rice is a quick and easy side dish. Generally, put your rice on to cook first and then finish preparing the rest of the meal. The rice should be done when you are ready to eat.
RICE MIX SUGGESTIONS

FOR SIDE DISHES
2 cups water or broth
1 package convenience rice mix
1. Mix water and convenience mix in a 2 quart sauce pan.
2. Bring to a rolling boil, then lower the heat to simmer (low boil).
3. Cover with lid and simmer for 15 minutes or until water is absorbed and the rice is tender.

FOR SOUP
4 cups water
1 package convenience mix
1. Mix water and convenience mix in a 2 quart sauce pan.
2. Bring to a rolling boil, then lower the heat to simmer (low boil).
3. Cover with lid and simmer for 15 minutes or until water is absorbed and the rice is tender.
4. OPTIONAL: Add bite-size pieces of meat or vegetables if desired.

FOR A MAIN DISH
Add bite-size pieces of cooked beef, pork, chicken, or turkey. This is a good...

Nutrition Facts
Serving Size  (110g)
Servings Per Container 6 - 1/2 cup

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Calories: 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than  20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Other Creative Ideas
Rice can be used for a breakfast cereal, a salad, a side dish or as part of a soup or main dish.

“Let me help.” Homemade rice mixes make great gifts for teachers, childcare providers or neighbors especially if kids help make them.