



Dear Parent,

The *Kids a Cookin' & Movin'* program featured healthy snacks today. Your child participated in making and sampling a fun recipe. Children have small tummies, so they need to eat smaller portions at a time, but they are hungry more often, perhaps every 3 to 4 hours. Kids are active and growing rapidly, and need the calories that snacks supply.

We need to help children choose healthy snacks. Think of snacks as mini-meals! Plan ahead by having cut-up veggies in a container in the fridge where kids can see it. Put crackers and cereal on lower shelves where kids can reach for them. Choose snacks from two different food groups. Try yogurt and fresh fruit, apple or pear slices with cheese, soft tortilla with cheese, peanut butter on crackers or raw veggies with dip.

Just as important as choosing healthy snacks, regular play time helps with a child's physical development. Through active play, kids strengthen social skills, build a positive self-image, and increase learning. Turn off the television or computer and encourage fitness by joining your kids in outdoor games or indoor play. Active children tend to grow up to be active adults!

Sincerely,

For more information about this recipe and other fun recipes: contact your local K-State Research and Extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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Things to do with your kids:

- Involve your children in the kitchen: washing fruits and vegetables, measuring ingredients, opening packages, layering pizza toppings.
- Make fruits and veggies readily available so your children can simply "open and eat." Have handy canned fruits, dried fruit, or 100% fruit or vegetable juice.
- Keep other easy-to-eat, healthy snacks on hand: cheese slices and crackers, yogurt, pudding.
- Be active: jump rope, throw a ball back and forth, play charades.

Waffle-Wiches
A fun way to grill sandwiches
 Makes: 4

Ingredients:
 1/4 cup low fat salad dressing
 1 tablespoon Dijon mustard
 1 tablespoon honey
 4 thin slices cheddar, Colby, Swiss or mozzarella cheese
 4 slices (about 1/4 pound) deli turkey, ham or roast beef
 8 slices whole wheat sandwich bread

Directions:

1. Spray waffle iron with cooking spray and heat.
2. Combine salad dressing, mustard and honey in a small bowl.
3. Spread dressing on one side of each slice of bread.
4. Divide meat and cheese and place on dressing side of bread to make 4 sandwiches.
5. Place 1 sandwich in the middle of heated waffle iron.
6. Bake for 2 to 3 minutes or until sandwich is golden brown and cheese is melted.
7. Repeat with other sandwiches.

Nutrition Facts: One sandwich provides 240 calories, 7g total fat, 15mg cholesterol, 740mg sodium, 30g total carbohydrate
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K-STATE RESEARCH AND EXTENSION
 FAMILY NUTRITION PROGRAM

Kids a Cookin' & Movin'

Chef's Choice
 Waffle-Wiches
 Apple slices
 Carrot sticks
 Chocolate oatmeal cookie
 Low fat milk



Fiesta Dip
Tex-Mex flair is an American favorite!
 Serves: 12

Ingredients:
 1/2 cup fat-free refried beans (about 1/2 of a 16-ounce can)
 1/2 cup fat-free sour cream
 1 tablespoon dry taco seasoning
 3/4 cup picante sauce
 2 or 3 green onions, chopped
 1 small tomato, chopped
 1/4 cup sliced black olives, drained
 1 cup low fat shredded cheese (cheddar or co-jack)

Directions:

1. Spread refried beans in a glass pie plate.
2. Mix sour cream and taco seasoning in a small bowl.
3. Spread sour cream mixture over refried beans.
4. Pour picante sauce on top of sour cream mixture.
5. Sprinkle onions, tomato, black olives and cheese on top.

Nutrition Facts: One serving provides 45 calories, 1g total fat, 5mg cholesterol, 310mg sodium, 6g total carbohydrate
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 FAMILY NUTRITION PROGRAM

Kids a Cookin' & Movin'

Chef's Choice
 Fiesta Dip
 Carrots and celery
 Whole wheat crackers
 Homemade Tortillas
 Low fat milk