



# FAMILY PAGE

## At Home You Can Make this Easy All-Star Snack

### SPACE SHUTTLE TRAIL MIX

Serving size: ¼ cup

Serves 24

#### INGREDIENTS

- |   |                                 |
|---|---------------------------------|
| 1 cup raisins or yogurt-covered raisins | 1 cup animal crackers           |
| 1 cup tiny pretzel twists               | 1 cup oat cereal                |
| 1 cup bear-shaped graham crackers       | 1 cup fish-shaped crackers      |
|   | 1 cup chocolate-covered candies |

#### DIRECTIONS

Place all ingredients in a large bowl and mix well. Store in an airtight container.

**Another Way:** Change this by using another kind of dried fruit, such as cherries or cranberries, and different kinds of cereal in place of some of the crackers.

**All-Star Tip:** Serve ice cold milk with snacks. Many children do not get the recommended 3 servings of dairy every day.

**What We Learned:** We learned that we need to eat meals and snacks from the five food groups. We also learned how each food group helps us grow stronger and become healthier.

## Fun and Healthy Snack Combos for Kids

- apples and string cheese
- yogurt and berries or cereal
- cereal and milk
- beans and tortillas
- veggies and yogurt dip
- waffle and peanut butter
- pizza bagel (bagel, sauce, and melted cheese)
- frozen grapes and cheddar cheese
- trail mix (nuts, cereal, dried fruit)
- pretzels and 100% juice
- graham crackers and milk
- peanut butter or fruit and yogurt pops
- small muffin and milk
- tortilla, melted cheese and salsa
- hot chocolate and animal crackers
- corn salsa and baked chips
- egg sandwich
- baby carrots and peanut butter
- vegetable soup and crackers
- hummus and zucchini sticks
- raisins, cream cheese, and celery
- smoothie with yogurt and fruit
- baked potato and mozzarella cheese
- popcorn and parmesan cheese
- hot cider and an oatmeal cookie

