



- **Kid Snacks**

Create this nutritious and fun snack with your child by combining 1 box of “Crispix” cereal with a 12-ounce package of semi-sweet chocolate chips, 1 cup of peanut butter, 1 half cup of butter and 3 cups of powdered sugar.

With adult supervision, help your child to melt the chips, butter and peanut butter together. Add this mixture to the cereal in a large bowl and mix thoroughly.

Put powdered sugar and cereal mixture in a paper bag and shake until well coated. Store in an airtight container or zippered plastic baggie.



- **Food Taste Testing**



By tasting foods that your child is unfamiliar with such as kiwi or asparagus, your child will gain the experience of acquiring new tastes. When done in a group, such as at a party, children learn from each other’s tastes. Trying a taste test while children close their eyes can enhance the taste and smell of foods. Be creative, and remember, don’t force your child to try new foods all at once. Gradually introduce foods into your child’s diet, and allow your child to help in making food choices when appropriate. Encourage your child to make mealtime an enjoyable experience.

Other Books For Children

Stone Soup by Ann McGovern

Each Peach Pear Plum by Janet and Allan Ahlberg

The Very Hungry Caterpillar by Eric Carle

Feast for 10 by Cathryn Falwell

***Don’t forget to visit your local library!!! ***

