

# *Hampton City Schools Culinary Arts Program at Phoebus High School*



## Preface

Kids love to cook and help in the kitchen while having fun at the same time. The Hampton City Schools Culinary Arts students developed kid-friendly recipes and incorporated them into a recipe book. The recipes were taste tested by elementary school students for acceptability and ease of preparation. All recipes are made from scratch and most can easily be made by children. However, some recipes will need adult supervision and that is indicated on the recipe.

This recipe book was a labor of love for the Hampton City Schools Culinary Arts Students. When a child is able to prepare his/her own food, it reinforces personal responsibility and self-reliance. In turn, the child learns about proper nutrition and portion sizes. We feel this recipe book will be one part of the puzzle toward a lifetime of healthy living.

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The *Healthy Kids Healthy Snacks* recipe book project was developed and designed by Delrose Adkinson, Culinary Arts teacher at Phoebus High School (PHS). Sophia Christian-Holliday, Culinary Arts teacher at Phoebus High School assisted with the management of the project. The project was created to provide Culinary Arts students with an authentic learning experience that would allow them to develop and demonstrate their understanding of the essential role good nutrition plays in the fight against childhood obesity.

As future leaders and employees in the foodservice and restaurant industry, Culinary Arts students must gain an understanding of the importance of balancing taste and nutrition in providing excellent customer service.

Members at every level of the foodservice and hospitality industry display a strong focus on community service. This project was designed to encourage students to learn from their example and develop a similar community service focus by contributing to the nutritional education of younger students throughout Hampton City Schools.

Culinary Arts students provided all of the recipes in this book. We hope that these recipes encourage healthy snacking, and promote nutrition education among young children that leads to healthy lifestyle choices that last a lifetime.

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# Yuck Mouth

Number of Servings:

1

Preparation time:

10 minutes

## Ingredients List

- 1 apple
- 3 marshmallows
- 1 tbsp. peanut butter
- 2 grapes
- 1 strawberry

## Directions

1. Cut quarter of apple (thick/thin)
2. Spread 1 tablespoon of peanut butter into the top and bottom apple
3. Place 3 marshmallows between the apple
4. Cut strawberry (thin), place flat between the marshmallows
5. Place both toothpicks on top apple (through)
6. Put the two grapes through the toothpicks

## Nutrition Information

Calories: 144

Total fat: 10 grams

Saturated fat 2 gram (8% of daily value)

Sodium: 151 mg (6% of daily value)

Total carbohydrate: 10 grams (3% of daily value)

Dietary Fiber 1 grams (6% of daily value)

Sugars 3 grams

Protein: 7 gram

<http://nutritiondata.self.com/>



Submitted by:  
Mariah B. & Aliyah M.



## Supplies needed:

- 1 dinner knife
- 1-tablespoon measure
- 2 toothpicks

## Shopping List

- 1apples .50 cent each
- 1 bag of marshmallows 1.79
- 1 container of strawberries 4.99
- 1 jar of peanut butter 3.59
- Toothpicks \$0.89

# Strawberry banana blasters

Number of Servings:

1

Preparation time:

Under 30 Minutes

## Ingredients List

3/4 cup of Frozen Strawberries

1 Banana

1/4 cup Non-Fat vanilla yogurt

1/2 cup Orange juice

## Directions

1. Measure 3/4 cup of frozen strawberries and set aside
2. Measure 1/4 cup of non-fat yogurt and set aside
3. Measure 1/2 cup of orange juice
4. Cut 1 banana in half
5. Put all ingredients into blender
6. Puree all ingredients well
7. Pour in glass
8. Enjoy!

## Nutrition Information

Calories: 195

Total fat: 1 gram

Saturated fat trace

Sodium: 42 mg

Total carbohydrate: 44 grams

Dietary Fiber 4 grams

Sugars 25 grams

Protein: 5 gram

<http://nutritiondata.self.com/>

## Cost per serving (approximate)

Frozen Strawberries: \$0.36

Fresh Bananas: \$0.14

Non-Fat Yogurt: \$0.18

Orange Juice \$0.24



Submitted by:

Amon C. (pictured) & Tyonna T.



## Supplies needed:

- 1/4 Measuring cup (dry)
- 1/2 Measuring cup (liquid)
- 1 glass
- Blender
- 1 Knife

## Shopping List

- 1 bag of Wild Harvest Organic Frozen Strawberries \$5.99, \$0.60/per unit
- Fresh Bananas 8 oz. \$0.29, \$0.57/lb.
- 1 4 oz. container of Dannon Light & Fit Nonfat Vanilla yogurt \$0.50
- Dole orange juice \$3.79, \$0.06/fl. Oz.

# Cheesy Me

Adult supervision

Submitted by:  
Brittany, Ashley, & Anna

Number of Servings:

1

Preparation time:

10 minutes

## Ingredients List

1. 1 Flour Tortilla
2. 2 tbsp. Shredded low fat Cheddar Cheese

## Directions

1. Take one tortilla out the package
2. Measure 2 tbsp. of low fat cheddar cheese
3. Put cheese on tortilla
4. Fold the tortilla
5. Put it on a plate
6. Put the plate in microwave for 20 seconds
7. Enjoy!!

## Nutrition Information

Calories: 192

Total fat: 6 grams

Saturated fat 2 gram (8% of daily value)

Sodium: 464 mg (4% of daily value)

Total carbohydrate: 25 grams (1% of daily value)

Dietary Fiber 1 grams (7% of daily value)

Sugars: 1 gram

Protein: 11 gram

<http://nutritiondata.self.com/>



## Supplies needed:

- \* Tablespoon measure
- \* Plate
- \* Microwave

## Shopping List

Tortillas - \$3.51 for a package of 8  
Low Fat Cheddar Cheese - \$2.29 for 2 cups

## Cost per serving

Tortillas - \$0.43  
Low Fat Cheddar Cheese - \$0.14  
Total: \$0.57



# Strawberry S'more

Number of Servings:

1

Preparation time:

10 minutes



Submitted by:  
Ashley Ricks



## Ingredients list

- 2 med strawberries, sliced
- 2 tbsp. of "Very Vanilla Light" Yoplait yogurt
- 2 squares chocolate graham cracker

## Directions

1. Break off 2 squares chocolate Graham cracker
2. Spread yogurt onto Graham cracker squares
3. Layer strawberry slices on top
4. Enjoy!

## Supplies needed:

- 1 dinner knife
- 1 tablespoon
- 1 preparation plate
- 1 snack plate

## Nutrition Information

Calories: 149

Total fat: 2.5 grams

Sugars 9 grams

Protein: 2.8 grams

<http://nutritiondata.self.com>

## Shopping List

Strawberries 16 oz. \$4.99

Yoplait Light Very

Vanilla 6 oz. \$0.89

Honey Maid chocolate

graham cracker 14.40

oz. \$4.09

## Cost per serving (approximate)

Strawberries = 0.31

Yoplait Light = 0.15

Chocolate Graham 2 squares = 0.14

Total cost per serving: \$0.74

# Fruit Kabobs

Adult supervision

Submitted by:  
Brea W.

Number of Servings:  
1

Preparation time:  
15 minutes

## Ingredients list

1 apple  
1 banana  
1/3 c. red seedless grapes  
1/3 c. green seedless grapes  
2/3 cup pineapple chunks  
1 cup nonfat yogurt  
1/4 c. dried coconut,  
shredded



## Directions

1. Wash the grapes, apples and cut them into small squares, peel the bananas and cutting them into chunks, and cut the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
2. Spread coconut onto another large plate.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
5. Repeat these steps with another skewer.
6. Enjoy!

## Supplies needed:

Adult assistant  
Knife  
2 wooden skewer sticks  
Large plate  
1 snack plate per serving

## Shopping List

Fresh bananas \$0.59/lb.  
Red seedless grapes  
\$2.99/lb.  
Fresh Green Grapes  
\$3.99/lb  
Pineapple  
\$2.99/each  
Nonfat Yogurt  
\$0.21/oz.  
Coconut 2.29, \$0.33/oz.

## Nutrition Information

141 calories	28 g carbohydrate
3 g fat	1 mg cholesterol
2 g saturated fat	52 mg sodium
103 mg calcium	0.5 mg iron
3 g fiber	

<http://nutritiondata.self.com/>

## Strawberry pizza

Number of servings:  
12

Preparation time:  
10 minutes

### Ingredients List

2 large ripe strawberries,  
sliced  
1 slice wheat bread  
1 tbsp. strawberry jelly  
2 tbsp. light strawberry  
cream cheese

### Directions:

1. Spread bread with 2 tbsp. cream cheese, and top with sliced strawberries
2. Put jelly in microwave safe bowl
3. Melt jelly in microwave (10 seconds)
4. Brush melted jelly on top.

### Nutrition Information

Calories: 183

Fat: 5.5

Sugar: 16

Protein: 5

<http://nutritiondata.self.com/>



Submitted by:

Ronald B, Breyon R. & Brittany C.



### Supplies needed:

Plate  
Butter knife (or dinner knife)  
Tablespoon measure  
Microwave

### Shopping List

Driscoll's strawberries \$2.99

Smucker's Simply 100% Fruit

Strawberry Spread \$2.99

Wheat bread \$1.89

Philadelphia Cream Cheese Spread

Light - Strawberry \$2.49

# Sweet Ladybugs

Number of Servings:

1

Preparation time:

15 minutes

## Ingredients List

- 1 Strawberry
- 1 Blueberry
- 1 Tbsp. Chocolate Chips
- 2 Tbsp. Peanut Butter
- 1/2 Graham Cracker, 2 squares

## Directions

1. Get out the supplies that are needed for this recipe.
2. On the plate, cut the strawberry in half.
3. Break the graham cracker in half then place the strawberry underneath it.
4. With the knife put the yogurt on the the blueberry and then place on the top the strawberry.
5. Also with the knife, place the yogurt at bottom of the chocolate chips and then place anywhere on the strawberry
6. Then you are finish and you can eat it!

8. Enjoy!

## Nutrition Information

Calories: 189

Total fat: 5.4 grams

Saturated fat 2.7 gram (27 % of daily value)

Sodium: 112 mg (5% of daily value)

Total carbohydrate: 27.8 grams (9% of daily value)

Dietary Fiber 2.4 grams (12% of daily value)

Sugars 17.4 grams

Protein: 14.5 gram

Vitamin A 0% . Vitamin C 32%

Calcium 0% . Iron 4%

<http://nutritiondata.self.com/facts/>



Submitted by:  
Christina S. & Erika W.



## Supplies needed:

- 1 dinner knife
- 1-tablespoon measure
- 1 Plate

## Shopping List

16oz of strawberries= \$4.99  
\$0.31/oz

6oz of blueberries= \$2.00  
\$0.33/oz

10oz Hershey's mini milk  
chocolate kisses= \$3.29  
\$0.33/oz.

16.30oz of Yoplait plain  
yogurt = \$3.99 \$0.23/oz.

14.40oz of low fat honey  
maid graham crackers= \$3.99  
\$0.28/oz.





## Fruit cups

Number of Servings:

1

Preparation time:

15 minutes

### Ingredients List

1 small orange  
1/2 cup of grapes  
3 strawberries

### Directions

1. Rinse of all fruit
2. Cut the apple in half, take the core out, then cut into 6 pieces.
3. peel the orange then peel into 6 pieces.
4. Cut the tops of the strawberries then cut in halves.
5. Place all the fruit in a cup and serve.

### Nutrition Information

1 Orange: 45 calories  
1/2-cup grapes: 32 calories  
3 of strawberries: 18 calories  
Total calories: 95  
Sugar: 22 grams

<http://nutritiondata.self.com/>



Submitted by:  
Corey G. & Lydia R.



### Supplies needed:

Cups  
1 paring knife  
1 core scooper

### Shopping List

1 orange \$0.79  
1 lb. of grapes \$ 3.99  
1 lb. of strawberries 2 for \$4.00

### Cost per serving (approximate)

Orange \$0.79  
Grapes \$3.99  
1 lb. of strawberries \$2.00

# Grilled Cheese Sandwich

(Adult supervision)

Submitted by:  
Darielle S.

Number of Servings:

1

Preparation time:

10 minutes

## Ingredients List

- Light provolone cheese
- 2 Slices whole wheat bread
- 1 1/2 tsp. light margarine
- 2 tbsp. egg substitute
- 1 tbsp. whole milk

## Directions

1. Place cheese on a slice of bread. Top with the other bread slice
2. In a shallow bowl, combine egg substitute and whole milk.
3. Melt margarine in a large nonstick skillet
4. Dip sandwich in egg mixture
5. Grill sandwich for 3 minutes on each side or until golden.

## Nutrition Information

Calories: 164

Total fat: 10 grams

Saturated fat 2 gram (8% of daily value)

Sodium: 239 mg (4% of daily value)

Total carbohydrate: 14 grams (1% of daily value)

Dietary Fiber 3 grams (7% of daily value)

Sugars 5 grams

Protein: 8 gram

<http://nutritiondata.self.com>



## Supplies needed:

- Adult assistant
- Measuring cups
- 1 snack plate per serving
- 1 skillet
- 1 bowl

## Shopping List

- 1 pack provolone cheese \$3.99, 0.50/slice
- Light margarine \$4.19, 0.28/oz
- 1 loaf (Arnolds) whole wheat bread \$3.49
- Egg substitute \$2.99, 0.19/oz.
- Whole milk gallon \$3.79, 0.03/oz.

## Cost per serving (approximate)

- Provolone cheese = 0.50
- Light margarine = 0.28
- 1 slice whole wheat bread = \$0.15
- Egg substitute = \$0.19
- Whole milk = 0.01
- Total cost per serving: \$1.12

# Chocolate Sweetheart Parfaits

Submitted by:

Tamika T., Dejah D. & Darielle S.

Number of Servings:  
4

Preparation time:  
5 minutes

## Ingredients List

- 1 teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 2 cups strawberries
- 1 cup granola
- 6 oz. Greek yogurt Low  
fat or fat free

## Directions

1. Whisk cocoa powder and granola
2. Add honey and Greek yogurt Low  
fat and combine. Then add cocoa  
mixture
3. Spoon two tablespoon in the bottom  
of the clear glasses
4. Then top with strawberries
5. Sprinkle granola shavings
6. Refrigerate and serve
7. Enjoy! ☺



## Supplies needed:

- 1 spoon
- 1 whisk
- 1 teaspoon
- 1 cup
- 4 glasses
- 1 tablespoon

## Shopping List

- Vanilla Extract 0.25/oz.,  
\$1.99
- Cocoa Powder 0.37/oz.,  
\$2.99
- Honey 0.38/oz., \$5.59
- Strawberries 0.37/oz., \$5.99
- Granola 0.37/oz., \$4.49
- Greek Yogurt 0.21/oz.,  
\$1.39

# Crunchy Oat Mix

Number of Servings:

2

Preparation time:

8 minutes

## Ingredients List

- 1/2 cup of Yogurt
- 1/2 cup of oats
- 1/2 tsp. of vanilla extract
- 1/2 cup of fruit (any choice)
- 1/2 tsp. of pecans

## Directions

1. Measure 1 cup of oats and set aside
2. Measure 1 tablespoon of vanilla extract and set aside
3. Add oats to your Yogurt
4. Mix your vanilla into your oats and yogurt
5. Using dinner knife, cut your choice of fruit into the bowl with other ingredients
6. Drop pecans in with all other ingredients
7. Enjoy!

## Nutrition Information

Calories: 150

Total fat: 11 grams

Sugars 6 grams

Protein: 5 gram

<http://nutritiondata.self.com>



Submitted by:

Rachelle S. & Dwayne M.



## Supplies needed:

- Large bowl
- 1 tablespoon measure
- Liquid Measurer
- 1 snack plate per serving

## Shopping List

- Pecans = \$0.55oz \$5.99
- Oats= \$0.18oz \$3.19
- Yogurt= \$0.21oz \$3.39
- Vanilla= \$0.25oz \$1.29
- fruit of choice=\$0.19oz \$2.19 (Strawberry)

## Mango Lassi Smoothie

Shown not blended

Number of Servings:

1

Preparation time:

5 minutes

### Ingredients list

1/2 cup chopped peeled mangos

Peach sorbet

1/4 nonfat vanilla yogurt

Orange juice

### Directions

Place ingredients in the order listed in a blender. Put lid on blender. Pulse twice to chop mango, stir well, and then blend until smooth. Serve immediately

### Nutrition Information

Calories: 170

Total fat: 0

Saturated fat 0

Sodium: 44mg

Total carbohydrate: 39g

Dietary Fiber

Sugars

Protein: 4g

<http://nutritiondata.self.com>



Submitted by:

Constance G. & Erika V.



### Supplies needed:

Blender

Spoon

Cup

### Shopping List

Mangos

Peach sorbet

Nonfat vanilla yogurt

Orange juice



# BBC's

Number of Servings:  
1

Preparation time:  
10 minutes



Submitted by:  
Lashae P. & Georgia R. (not pictured)

Ingredients List:  
1 slice of Bread  
1 slice of cheddar Cheese  
1 slice of Turkey



## Directions

1. Take the large star cookie cutter and cut two stars out of the one slice of bread.
2. Take the medium star cookie cutter and cut two stars out of the two pieces of turkey.
3. Take the small star cookie cutter and cut two stars out of the two slices of cheese.
4. Place the turkey on top of the bread and then the cheese on top of the turkey.

5. ENJOY :)

## Nutrition Information

Calories : 175  
Total fat : 7 g  
Saturated fat : (17% of daily value)  
Sodium : (11% of daily value)  
Total carbohydrate : (4% of daily value)  
Dietary Fiber : (8% of daily value)  
Sugars : 2 grams

## Supplies needed:

Small, Medium, and large  
Star Cookie Cutters  
1 snack plate per serving

## Shopping List

Natures Own Whole Wheat  
Bread = \$2.79  
Kraft Cheese slices =  
\$4.59  
Oscar Mayer Oven  
Roasted White Turkey =  
\$4.99/lb

## Cost per serving (approximate)

Bread = \$0.14/oz.  
Cheese = \$.57/oz.  
Turkey = \$.31

## Fruity Patuuuuuties ☺

Adult supervision

Submitted by:  
Lashae P. & Georgia R. (Not pictured)

Number of Servings:

1

Preparation time:

30 minutes

### Ingredients List

- 1 tablespoon of Quaker Oats
- 1 ounce of Low-Fat vanilla Yogurt
- 1/4 cup of chunked Pineapples
- 1/4 cup Grapes
- 1/4 cup Strawberry

### Directions

1. Cut fruit with dinner knife
2. Take skewer and put fruit on it.
3. Roll cabob in the yogurt until covered completely.
4. Sprinkle the Quaker oats on the cabob.
5. Place in freezer for 10 minutes.

### Nutrition Information

Calories: 176  
Total fat: 1 gram  
Total carbohydrate: 63 grams (20% of daily value)  
Dietary Fiber: 8 grams  
Sugars: 22 grams  
Protein: 1 gram

### Cost per serving (approximate)

Driscoll's Strawberries = \$0.31  
Dole Pineapple chunks = 0.08  
Low fat French vanilla yogurt = \$.15  
Quaker oats quick = 0.08  
Grapes holiday red seedless = \$0.19



### Supplies needed:

Adult assistant (skewers are sharp)  
Dinner Knife  
Measuring Cups  
Skewers

### Shopping List

Driscoll's Strawberries  
= \$4.99  
Dole Pineapple chunks  
= \$1.99  
Low fat French vanilla yogurt = \$0.89  
Quaker oats quick = \$3.19  
Grapes holiday red seedless = \$2.99

## Ham and cheese pinwheels

Number of Servings:

1

Preparation time:

15 minutes

### Ingredients List

Cream cheese

1 flour tortilla

2 pieces of thin deli sliced  
ham

1 slice of Swiss cheese

### Directions

1. Spread cream cheese on tortilla.
  2. Place ham on top of cream cheese.
  3. add Swiss cheese.
  4. Cut rolls into one-inch slices with dinner knife
- Enjoy!

### Nutrition Information

Calories: 220

Total fat: 16grams

Saturated fat 5.0 gram (10% of daily value)

Sodium: 230mg (3% of daily value)

Total carbohydrate: 20 grams (3% of daily value)

Dietary Fiber 2 grams (7% of daily value)

Sugars 6 grams

Protein: 11 gram

<http://nutritiondata.self.com>



Submitted by:

Hailey M. & Victoria M.



Supplies needed:

1 dinner knife

1 snack plate per serving

### Shopping List

Philadelphia cream cheese

1/3 less fat 8 oz. \$2.69

Chi-Chi's Flour tortilla 8 ct.  
\$2.50

Oscar Mayer deli fresh ham  
\$4.99

### Cost per serving (approximate)

Cream cheese = \$0.34

Flour tortilla = \$0.14

Deli sliced ham = \$0.55

## Crunchy Cheese Sandwich

Number of Servings:  
1

Preparation time:  
1 minute

Ingredients List  
8 saltine crackers  
2 slice of American

### Directions

1. Cut slice of cheese in half with butter knife
2. Place 1/2 slice of cheese on 1 of the saltines folded in half
3. Place the second cracker on top of the cheese
4. Make another one for a friend
5. Enjoy this delicious snack

### Nutrition Information

Calories: 200  
Total fat: 4.1 grams  
Saturated fat: 2.4 gram (1% of daily value)  
Sodium: 169 mg (7% of daily value)  
Total carbohydrate: 5.6 grams (5.4% of daily value)  
Protein: 6.56 gram  
Vitamin A: 2%. Vitamin C: 0%  
Calcium: 7%. Iron: 3%

<http://caloriecount.about.com/>

Submitted by:  
Hughes C. & Nathan G.

Supplies needed:  
1 plate  
butter knife

Shopping List  
1 package of  
Crystal Farm  
American cheese  
16 oz 24 count  
\$3.79, 0.24/ oz  
Shoppers Value  
Saltine crackers  
16 oz \$1.49, 0.09/oz

### Cost per serving (approximate)

Shoppers Value  
1 Saltine crackers = 0.05  
Crystal Farm  
□ American cheese  
= 0.07  
Total cost per serving: \$0.12

# Krispy Pie

Number of Servings:  
1

Preparation time:  
10 minutes

## Ingredients List

- 1 teaspoon "I can't believe its not butter" light spread
- 1/3-cup miniature marshmallows
- 1/2 cups Kellogg special K

## Directions

1. Add butter and marshmallows to microwave safe bowl. Heat butter and marshmallow in microwave stir until completely melted.
2. Add Kellogg's Special K cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

## Nutrition Information

Calories: 230  
Total Fat: 5.5g  
Saturated fat: 2.1g  
Sugar: 15g

## Shopping List

- 1-45oz plastic tub of I Cant Believe Its not butter light \$4.00, \$0.14/1.5 oz.
- 1 box of Special K box cereal \$4.49  
Or your favorite cereal
- 1 bag of miniature Jet Puffed Marshmallows \$1.49



Submitted by:  
Tyquan S. & Jazmine K.



## Supplies needed:

- 1 large bowl
- 1 baking sheet
- Wooden spoon



## Berry Burst Sandwich :)

Number of Servings:  
2

Preparation time:  
10 minutes

### Ingredients List

Reduced Fat Cream Cheese

Honey

Blueberries

Strawberries

Whole Wheat Sandwich Bread



Submitted by:  
Jordyn M., Maria C., Shareenna B.  
(not pictured)

### Directions

1. Measure 1 tbsp. of Cream Cheese. Set aside.
2. Measure 1/4 teaspoon of honey. Set aside.
3. Take the blueberries and mash to a jam in the bowl.
4. Take the strawberries and slice them.
5. Spread cream cheese and jam onto the bread.
6. Put the strawberry slices on top and drizzle with honey.
7. Enjoy :)



### Supplies needed:

- 1 Bowl
- 1 Spoon
- 1 Dinner Knife
- Measuring Spoons
- 1 Cutting Board
- 1 Plate

### Nutrition Information

Calories: 182.7  
Total Fat: 4 grams  
Saturated Fat: 1 gram (7.3% of Daily Value)  
Sodium: 338 mg (5% of Daily Value)  
Total Carbohydrates: 29.42 g (1.46% of Daily Value)  
Dietary Fiber: 4.2 grams (2.6% of Daily Value)  
Sugars: 7.12 grams  
Protein: 9.1 grams

### Shopping List

Philadelphia Reduced Fat Cream Cheese \$3.99, \$0.31/oz.  
Sue Bee Honey \$4.59, \$0.38/oz.  
Driscoll's Blueberries \$3.99, \$0.67/oz.  
Arnold Whole Wheat Sandwich Bread \$3.49, \$0.15/oz.

# Little Caesar Wrap

Submitted by:  
Juanisha Purdie

Number of Servings:  
2

Preparation time:  
5 minutes

## Ingredients list

2.5 oz. turkey breast slices  
1 8 in whole grain tortilla  
.5 cup shredded romaine lettuce  
1 tbsp. Caesar (low calorie) salad  
dressing  
2.5 oz. sliced turkey breast

## Directions

1. Place tortilla on plate.
2. Fill tortilla with turkey, lettuce, and dressing.
3. Roll wrap to secure ingredients.
4. Cut in half to create two servings.
5. Enjoy!

## Nutrition Information (per serving)

Calories: 119.25  
Total fat: 1.5 grams  
Total carbohydrate: 15.75 g (4.75% of  
daily value)  
Dietary Fiber: .25 g (2% of daily value)  
Sugars: 2.5  
Protein: 8.5

<http://nutritiondata.self.com/>



## Supplies needed:

1 dinner knife  
1 cup measure  
1 tbsp. measure  
1 scale  
1 snack plate per  
serving

## Shopping List

Smithfield oven roasted turkey  
breast \$0.40/oz., \$3.99/packet  
La Tortilla Factory Whole  
wheat tortillas \$0.28/oz.,  
\$3.69/packet  
Fresh Express Lettuce  
\$0.40/oz., \$3.59/packet  
Cardinis Dressing \$0.33/oz.,  
\$3.99/bottle

## Cost per serving (approximate)

Turkey; \$0.50  
Tortilla; \$0.28  
Romaine; \$0.10  
Caesar Dressing; \$0.08  
Total Cost; \$0.96



## Blue Polka Dot Waffles

Number of Servings:

1

Preparation time:

10 minutes



Submitted by:  
Juanisha P.

### Ingredients list

- 1 waffle (cut into strips)
- 2 tbsp. low-fat cream cheese
- 3 oz. blueberries or raspberries

### Directions

1. Toast one waffle and set aside to cool
2. Measure 2 tablespoons of low fat cream cheese and set aside
3. Measure 3 oz. of raw raspberries and set aside
4. Tear or cut waffle into strips
5. Using dinner knife, spread low fat cream cheese evenly onto strips
6. Place blueberries or raspberries (can be mashed or chopped) in the waffle craters
7. Place completed waffle strips on plate
8. Enjoy!

### Nutrition Information

Calories: 164

Total fat: 10 grams

Saturated fat 2 gram (8% of daily value)

Sodium: 239 mg (4% of daily value)

Total carbohydrate: 14 grams (1% of daily value)

Dietary Fiber 3 grams (7% of daily value)

Sugars 5 grams

Protein: 8 gram

<http://nutritiondata.self.com>



### Supplies needed

- 1 dinner knife
- 1-tablespoon measure
- 1 snack plate per serving
- 1 toaster

### Shopping List

Nutrigrain Eggo waffles

\$3.69/12.30 oz. box

Raw raspberries

\$3.49/6oz

Cost per serving  
(approximate)

Waffles: \$0.30/oz.

Raw raspberries:  
\$0.33/oz.

Low fat cream cheese:  
\$0.40/oz.

Total cost per serving:  
\$2.30

# Very berry smoothie

Number of servings:  
8

Preparation time:  
8-10 minutes

## Ingredients list

- 1 cup strawberries
- 1 banana
- 1 cup low-fat milk
- 1 cup V8 fusion fruit juice
- 1/4 cup fresh baby spinach

## Directions

1. Combine all ingredients in a blender and blend until smooth
2. Enjoy!

Submitted by:  
Juanisha Purdie



## Supplies needed:

- 1 blender
- 1 cup per serving
- 1 cup measure



# Fruit Kabobs

Adult supervision

Number of Servings:

1

Preparation time:

5 MINUTES



Submitted by:

KAYLA D. & SABRINA H.

## Ingredients List

- 2 strawberries
- 2 grapes
- 1 watermelon
- 1 tangerine slice



## Directions

1. Wash your hands
2. With your kabob stick wash your 2 strawberries and slide them on the stick.
3. wash your grapes and put them on the stick
4. cut a piece of watermelon and put it on your kabob stick
5. put 2 slices of tangerine on your stick

## Supplies needed:

Adult assistant (Kabob sticks are sharp)  
Kabob sticks  
Knife

## Nutrition Information

Calories: 37.8  
Total fat: 0 grams  
Saturated fat: 0 grams  
Sodium: 1.2 milligrams  
Total carbohydrate: 9.8 grams 2%  
Dietary Fiber: 1gram 4%  
Sugar: 8.6 grams

<http://nutritiondata.self.com>

## Shopping List

1 pound of strawberries,  
\$0.22/oz. price \$3.49  
2 pound bag of green grapes  
\$2.99/pound  
\$.50c per tangerine  
Watermelon, \$0.39/pound  
between 4 to 5 dollars.

## Apple caramel granola wedges

Number of serving:  
1

Preparation time:  
5-10 minutes



### Ingredients List:

- 1 small apple
- Low fat caramel sauce
- 1 granola bar (nature valley)
- 1/2 Lemon

Khare' M-B, Breanna N.,  
Rene' W. (not Pictured)



### Directions:

1. Cut and core 1 apple
2. Soak apple in a bowl for a 5 minutes with cold water and a 3 drops of Lemon juice
3. Dry thoroughly before attempting to put on any caramel sauce
4. Spread caramel on each wedge
5. Put granola topping into a bowl
6. Dip apple slices into the bowl

### Supplies Needed:

- Apple slicer/corer
- Spoon
- Paper towel (to dry apple)
- 2 bowls

### Shopping List:

- 1Small apple
- Low fat caramel sauce
- 1lemon
- Granola bar (Nature valley)

## Sticky Glue Sandwiches



Number of serving:  
1

Kymond & Camrin (Not Pictured)

Preparation time:  
10 minutes

### Ingredients List:

2 slices of Bread

1 banana

Peanut Butter

1/2 Lemon



### Directions:

1. Lay out two slices of bread
2. Spread peanut butter on bread
3. Cut bananas into small slices
4. Place on bread and join together both slices of bread
5. Use star cutter to cut sandwiches and ENJOY!

### Shopping List:

Loaf of bread \$2.42  
Half dozen bananas  
\$1.99  
Jar Of Peanut butter  
\$3.99

# AntEater

Number of Servings:

1

Preparation time:

10 minutes

## Ingredients List

- 2 stalks of celery the length of a spoon
- 2 tablespoons of reduced fat peanut butter
- 2 tablespoons of raisins
- 2 animal crackers

## Directions

1. Measure 2 tablespoons of raisins and set aside
2. Measure 2 tablespoons of peanut butter and set aside
3. Wash celery stalks
4. Cut celery stalks to the length of a spoon
5. Using dinner knife, spread peanut down the center in the hollow of the celery
6. Place raisins one at a time on top of the peanut butter down the center of the celery
7. Place celery stalks on plates
8. Place animal crackers at each end of celery

## Nutrition Information

Calories: 170

Total fat: 10 grams

Saturated fat 2 gram (8% of daily value)

Sodium: 239 mg (4% of daily value)

Total carbohydrate: 14 grams (1% of daily value)

Dietary Fiber 3 grams (7% of daily value)

Sugars 5 grams

Protein: 8 gram

<http://nutritiondata.self.com>

Submitted by:  
Mariah B. & Aliyah M.



## Supplies needed:

- 1 dinner knife
- 1-tablespoon measure
- 1 snack plate per serving

## Shopping List

1 bunch of celery \$1.79,  
0.18/stalk

### Essential

Everyday Raisins In Box  
Bag 12 oz. \$2.69, 0.22/oz

1 jar Richfood Peanut  
Butter Spread Reduced  
Fat (25% Less Fat)

18.00 oz \$2.99, 0.17/oz.

Animal crackers 1.39



# Chunky, Crunchy Creamy!

Number of Servings:

1

Preparation time:

10 minutes

## Ingredients List

- 2 stalks of celery the length of a spoon
- 2 tablespoons of peanut butter
- 2 tablespoons of slivered Almonds

## Directions

1. Measure 2 tablespoons of almonds and set aside
2. Measure 2 tablespoons of peanut butter and set aside
3. Wash celery stalks
4. Cut celery stalks
5. Using dinner knife, spread peanut down the center in the hollow of the celery
6. Place almonds one at a time on top of the peanut butter down the center of the celery
7. Place celery stalks on plate

## Nutrition Information

Calories: 164

Total fat: 17 grams

Saturated fat 240 gram (8% of daily value)

Sodium: 239 mg (4% of daily value)

Total carbohydrate: 4 grams (1% of daily value)

Sugars 6 grams

Protein: 3 grams

<http://nutritiondata.self.com/>



Submitted by:  
Maribel F. & Jamonte S.



## Supplies needed:

- 1 dinner knife
- Paper towels
- Spoons
- Plate

## Shopping List

- 1 bunch of celery \$1.49, 0.17/stalk
- Diamond almonds 16 oz. \$1.99, 0.12/oz
- Jif Peanut Butter Smooth Spread Reduced Fat (25% Less Fat) 16.00 oz \$3.69, 0.17/oz.



## Ants on a Merrri-go-round

Number of Servings:

2

Preparation time:

10 minutes

Submitted by:  
Queen W. Dominique R.

### Ingredients List

1 apple

6 raisins

1 tablespoons of reduce fat peanut butter

1/4 cup granola

1 Lemon

### Directions

1. Wash off apple
2. Cut off top of apple and then make the first slice thin
3. Make another slice which will become the bottom of the sandwich
4. Cut core out with a small round cookie cutter, or use a table knife
5. Add peanut butter & raisins, and granola
6. Put on top of sandwiches
7. Squeeze lemon on the apples so they will not turn brown

### Nutrition Information

Calories: 233

Total fat: 8 grams

Saturated fat 2.893 gram (7% of daily value)

Sodium: 131.5 mg (4% of daily value)

Total carbohydrate: 43 grams (1% of daily value)

Dietary Fiber 27.9 grams (7% of daily value)

Sugars 55.66 grams

Protein: 7.06 gram

<http://nutritiondata.self.com>



### Supplies needed:

Large knife

Small cutting board

Cookie cutter or

kitchen knife

Tablespoon

### Shopping List

1 bag of apples \$4.99

Essential

Everyday Raisins In Box

Bag 12 oz. \$2.69, 0.22/oz

1 jar Richfood Peanut

Butter Spread Reduced

Fat (25% Less Fat)

18.00 oz \$2.99, 0.17/oz.

1 Lemon \$.50

Bear naked granola- all

natural whole grain

12.00 oz. \$4.49

### Cost per serving (approximate)

Apple = 0.50

Essential Everyday Raisins =  
0.22

1 jar Richfood Peanut Butter  
Reduced Fat (25% Less Fat)  
= 0.34

Lemon = .50

Granola = .37

Total cost per serving: \$1.93

# Layered Green Smoothie

Number of Servings:  
5

Submitted By:  
Deandre C. & Saevon W.

Preparation time:  
8 Hours

## Ingredients List

- 1 6-ounce container 99% fat-free vanilla yogurt
- 1 cup Blueberries, sliced
- 1 6-ounce container 99% fat-free Key Lime Pie yogurt
- 1 cup fresh spinach leaves, packed
- 1/4 cup apple juice



## Directions

In a blender, place 1 container French vanilla yogurt and strawberries. Cover and blend until smooth. Spoon 2 tablespoons mixture into each of 5 (5-oz) paper cups. Cover cups with foil; insert craft stick into center of each pop. (Or fill ice pop molds according to manufacturer's directions.) Put remaining mixture in bowl; cover and refrigerate. Freeze pops about 2 hours or until frozen. In blender, place Key Lime pie yogurt, spinach and apple juice. Cover and blend until smooth. When first layer is frozen, remove foil from pops. Pour about 1 1/2 tablespoons spinach mixture in each cup over frozen layer. Put remaining mixture in bowl; cover and refrigerate. Return foil to pops to support sticks. Freeze about 2 hours or until frozen. Repeat with remaining strawberry and spinach layers, freezing at least 2 hours between layers.

## Supplies needed:

5-oz paper  
Cups  
Craft Sticks  
Reynolds or  
Plastic Wrap

## Nutrition Information

Calories: 90  
Total fat: 1 gram  
Saturated fat 0 gram  
Sodium: 45 mg  
Total carbohydrate: 17 grams  
Dietary Fiber 1 gram  
Sugars 14 grams  
Protein: 3 gram

## Cost per serving (approximate)

Yogurt = 0.08 Cent oz.  
Spinach by oz. = 0.28 cent  
Blueberries = .67 cent per oz.  
Total cost per serving: \$1.03

## Shopping List:

Blueberries- \$3.99  
Low Fat Vanilla  
Yogurt- \$.89  
Low Fat Key Lime Pine  
Yogurt- \$.89  
Spinach- \$2.50  
5 oz. Paper Cups- \$3.69  
Craft Sticks- \$3.99  
Plastic Wrap- \$2.99

## Pineapple Punch :)

Submitted by:  
Jordyn M. & Shareenna B. (not pictured)

### Number of Servings:

1

### Preparation time:

10 minutes

### Ingredients List

- 1/2 cup Pineapple Juice
- 1/3 cup Lemon Juice
- 1/2 cup Club Soda
- 3/4 cup water

### Directions

1. Measure all ingredients using liquid measuring cups
2. Pour Water into pitcher
3. Pour pineapple juice into pitcher of water, stir well
4. Pour lemon juice into mixture, and stir once again
5. Pour club soda in to pitcher, stir completely
6. Pour punch into cup
7. Add as much ice as wanted
8. Drink up :)

### Nutrition Information

Calories: 83  
Total fat: 0.33 grams  
Saturated fat: 0 grams  
Sodium: 19.5 mg (0% of daily value)  
Total carbohydrate: 21.33 grams (7% of daily value)  
Dietary Fiber: 0.3 grams (2.3% of daily value)  
Sugars 14.5 grams  
Protein: 1.3 grams  
Vitamin A: 0.3%  
Vitamin C: 54.6%  
Calcium: 2.5%



### Supplies needed:

- 4 Liquid Measuring Cups
- Mixing Spoon
- 1 Pitcher
- 1 cup (1 serving)

### Shopping List

- 1 bunch of celery \$1.79, 0.18/stalk
- Essential Everyday Raisins In Box Bag 12 oz. \$2.69, 0.22/oz
- 1 jar Richfood Peanut Butter Spread Reduced Fat (25% Less Fat) 18.00 oz \$2.99, 0.17/oz.

# Frozen yogurt Pops

Submitted by:  
Tajah P., Brea, & Alexis D.

Number of Servings:

3 to 4

Preparation time:

About 1-1/2 to 2

Ingredients list

18-oz container of you  
favorite flavor of yogurt

Directions

1. Pour yogurt into paper cups. Fill them almost to the top.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the Popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop

Nutrition Information

Calories: 127

Total fat: 2 grams

Saturated fat 2 gram (3% of  
daily value)

Sodium: 73 mg (2% of daily  
value)

Total carbohydrate: 21 grams  
(2% of daily value)

Dietary Fiber grams (0% of  
daily value)

Sugars 3 grams

Protein: 5 gram



Supplies needed:

Small paper cups  
Wooden Popsicle sticks  
Plastic wrap

Shopping List

18-oz yogurt of any  
flavor: \$10.00  
Popsicle sticks  
Paper cups  
Plastic wrap

## ~Frozen grapes and Kiwi~

Submitted by:  
Keaira M. & Tyreek B.

Number of servings:  
1

Preparation time:  
5 minutes

Ingredients list  
Kiwi  
Grapes



### Directions

1. Freeze grapes and kiwi on a parchment lined cookie sheet. Transfer to bowl.

Supplies needed:  
Freezer and cookie sheet

### Shopping List

1 cup of grapes \$1.89

1 Kiwi \$1.80

### Nutrition Information

Calories: ~104(1 cup of grapes)  
~Total fat: 0 grams ~Saturated fat: 0 grams  
~Sodium: 3 mg ~Total carbs: 27 grams(9%)  
~Dietary fiber: 1 gram(5%) ~Sugars: 23 grams ~Protein: 1 gram  
~Calories: 46(1 kiwi)  
~Total fat: 0 grams ~Saturated fat: 0 grams  
~Cholesterol: 0 mg ~Sodium: 2 mg  
~Total carbs: 11 grams(4%)  
~Dietary fiber: 2 grams(9%) ~Sugars: 7 grams ~Protein: 1 Gram