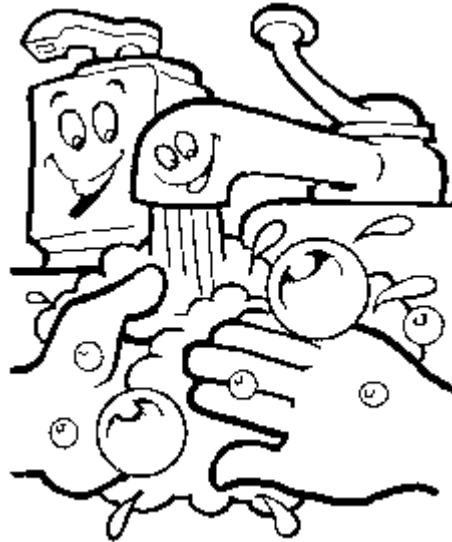


Food Safety at Home, School and Eating Out

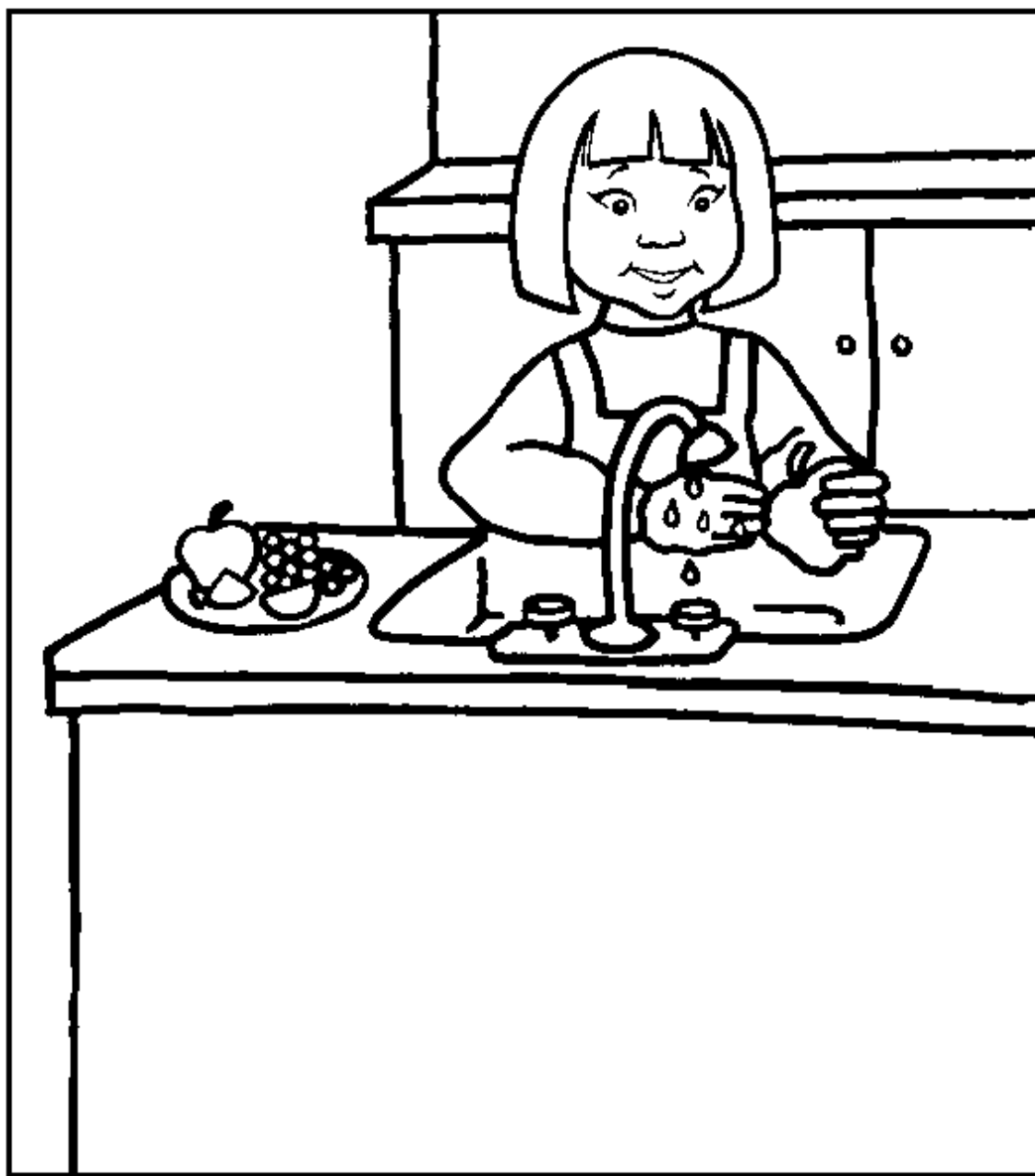
An Activity Book for You to Color



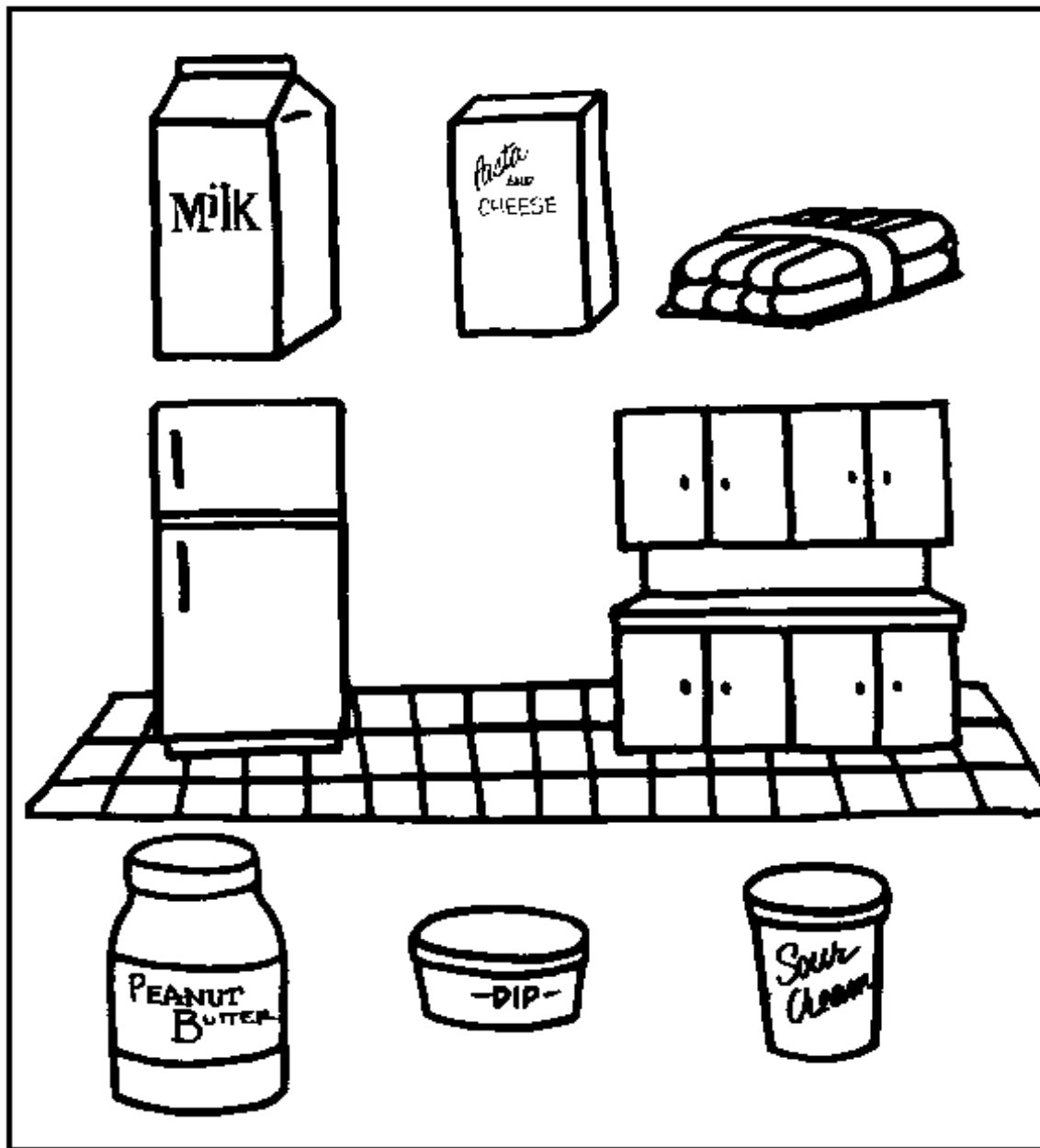
Wash and dry your hands before you make or eat a snack or meal.



Fruits and vegetables are healthy after-school snacks. Be sure to wash them with cold water before you eat them.



Activity Page –
What goes in the refrigerator?
Draw lines to the refrigerator or the cabinet.



Put back packs on the floor, not the counter.
Keep everything in the kitchen clean.



Use a cooler when you pack a picnic lunch.



Put foods like milk, yogurt, lunch meat and eggs back in the refrigerator right away. Don't leave them out on the counter.



You can practice what you've learned about food safety – and enjoy these tasty treats! Wash your hands carefully before you begin.



Grandma's Grahams

You will need

2 graham cracker squares
peanut butter
jelly
sliced banana
knife for spreading

1. Take graham cracker square. Spread with peanut butter
2. Take another graham cracker square. Spread with jelly.
3. Place sliced bananas between the two crackers

Peanut butter balls

You will need

1/2 cup peanut butter
3-1/2 tablespoons powdered dry milk
A bit of honey
Spoon for mixing
Cookie sheet covered with waxed paper

1. Wash your hands carefully before you begin.
2. Mix the ingredients with a spoon. Don't use your fingers.
3. Roll into balls. Put on the cookie sheet. Keep in the refrigerator.

Recipes courtesy of: "What the Kids are Cooking", Arkansas Professional Chefs & Cooks Assn., The Chef and the Child Foundation.