

# Happy Valentine's Day!

## Party Treat Ideas

### Red and White Fruits & Vegetables

Have a party with as many red and white fruits and vegetables as you can. Have each student bring in one of them.

- Red Apples
- Red Peppers
- Cherry or grape tomatoes
- Raspberries
- Strawberries
- Dried Cranberries
- Blood Oranges
- Red Grapes
- Grapefruit
- Radishes
- Red Kidney
- Pink Beans
- Beets
- Red Pears
- Bananas
- Brown Pears
- Cauliflower
- Jicama

### Chili-Powder Popcorn

#### Ingredients:

2 Tablespoons grated parmesan cheese  
2 teaspoons paprika  
2 teaspoons chili powder  
1/2 teaspoon salt  
1/2 teaspoon garlic powder  
1/8 teaspoon cayenne pepper  
10 cups popped popcorn  
Refrigerated butter flavored spray

#### Equipment needed:

Air popper  
12 cup airtight container or plastic bag

#### Directions:

1. In a large resealable plastic bag or other 12 cup airtight container, combine the Parmesan cheese and seasonings; mix well.
2. Add popcorn. Spritz with butter flavored spray. Close bag and shake.
3. Continue spritzing and shaking until popcorn is coated.

Makes 10 (1 cup) servings

### Non-Candy Treats for Valentine Cards

- Erasers
- Bracelets
- Play tattoos
- Bubbles
- Crayons
- Heart-shaped notepads
- Key chains
- Pens
- Magnets
- Jewelry



### Raspberry Banana Pops with Sprinkles

#### Ingredients:

3 medium bananas  
6 large wooden Popsicle sticks  
1 (6-oz.) container low fat raspberry yogurt  
1 (1.75 oz.) container of chocolate or rainbow sprinkles

#### Equipment needed:

Cutting board  
Knife  
Two dinner plates  
Spoon

#### Directions:

1. Cut each banana in half crosswise. Insert wooden stick into the cut-side of each half.
2. Pour yogurt on dinner plate. Roll bananas in yogurt until they are completely covered. Hold bananas upside down and allow excess yogurt to drip off onto the plate.
3. Hold the yogurt covered bananas over the second dinner plate. Pour sprinkles to cover the banana.
4. Place finished pops on waxed paper-lined baking sheet and place in freezer for two hours before eating.

Makes 6 servings



5 A Day Kids Cookbook

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# Homemade Salsa with Baked Chips

## Ingredients:

1 medium onion  
1/2 bunch cilantro  
3 large tomatoes  
1 large jalapeno pepper or green pepper  
1 small can of chili peppers  
Juice of 2 limes  
1/2 tsp. salt  
1/2 clove garlic (chopped)  
1/2 tsp. sugar  
Baked Chips

## Equipment needed:

Cutting board  
Knife  
Bowls

## Directions:

1. Wash all vegetables.
2. Chop the onion, cilantro, and tomatoes.



3. Set these ingredients aside.
4. Finely chop the jalapeño and chillies.
5. Add the jalapeño and the chillies to the tomato, onion, cilantro mixture.
6. Add the rest of the ingredients and stir well.

Wash your hands with soap and water after cutting up the vegetables to avoid getting hot pepper into your eyes.

Use salsa immediately or refrigerate. After the ingredients have blended in the refrigerator, the salsa tastes better. To make a milder salsa substitute sweet peppers for the jalapeño and chili peppers. To make a hotter salsa, increase the onions and peppers.

Place salsa in bowl. Serve 1/4 cup salsa with 10 baked chips either on a platter or in another bowl.

Makes 8 (1/4 cup servings) and 10 baked chips.

<http://ezinearticles.com/?Fun-Recipes-for-Kids&id=468576>



# White Chocolate Pudding Parfait

## Ingredients:

1 package (3.4 oz.) instant white chocolate pudding  
1 1/2 cups skim milk  
2 cups fat-free vanilla yogurt

## Directions:

1. Mix instant white chocolate pudding into 1 1/2 cups skim milk.
2. Fold in 2 cups fat-free vanilla yogurt.
3. To make into Valentine treat, layer with frozen raspberries or sliced frozen strawberries in individual clear cups.

Makes 8 (1/2 cup) servings

# Valentine's Day Sandwiches

## Ingredients:

One loaf of whole-grain bread  
No sugar added jam, low-fat cheese, or non-fat strawberry cream cheese

## Equipment needed:

Heart cookie cutter  
Spoon or knife

## Directions:

1. Cut hearts in half of the bread slices.
2. Place One slice cheese, or One Tablespoon of cream cheese or jam on other half of bread slices that are uncut.
3. Put bread slices with the heart-cut out of the middle on top of bread slices with cheese or jam.
4. Use the leftover heart cut-out pieces to make individual sandwiches using either jam, low-fat strawberry cream or low-fat cheese.

Makes 12 heart-cut out sandwiches and 6 heart shaped servings.

Modified from: <http://www.recipezaar.com/251755>

# Wiggly Fruit Hearts

## Ingredients:

2 teaspoons (1 envelope) unflavored gelatin  
2-3 cups of slices fruit (i.e. strawberries, cherries, raspberries, etc.)  
2 cups unsweetened fruit juice (not pineapple)

## Equipment needed:

Bowl  
Whisk  
Pan

Heart cookie cutters

## Directions:

1. Mix gelatin with 1/2 cup juice in bowl.
2. Measure another 1/2 cup juice and bring to boil.
3. Add hot juice to gelatin mixture, stirring until all of the gelatin is dissolved.
4. Add remaining juice and chill until it begins to set.
5. Add fruit, stir, and chill until firm.
6. Cut into heart shapes for Valentine's day.

Makes 8 hearts. Recipes from Meals without Squeals

For more information: Contact Shasta County Public Health at (530) 229-8487 or visit our website at [www.shastapublichealth.net](http://www.shastapublichealth.net)