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

Non-Candy Treats for Valentine Cards

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

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 needed: 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 spritizing and shaking until popcorn is coated.

Makes 10 (1 cup) servings

Raspberry Banana Pops with Sprinkles

Ingredients:

3 medium bananas 6 large wooden Popsicle sticks

1 (6-oz.) container low fat raspberry yo-

1 (1.75 oz.) container of chocolate or rainbow sprinkles

Equipment

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.
- 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
- 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







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.

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

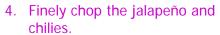
Directions:

- Cut hearts in half of the bread slices.
- 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.
- 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





- 5. Add the jalapeño and the chilies 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:

- 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

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