

Kid's KOrner

Home Alone? Ideas For After-School Snacks

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SOUTHAMPTON (Bucks Co.)
— From front door to refrigerator door. Your favorite after school pastime is snacking! But if a grownup isn't home to fix food for you, what's a hungry kid to do?

You're not alone - for there's over 7 million kids by themselves or with a brother or sister at home after school. Let's take a crash course in safe and nutritious snacking to get you through each afternoon.

When you get home, remember the following: Put books and backpacks on your desk or on the floor, not on kitchen tables and countertops; throw away any leftover sandwiches (or other foods that should be cold) that came home with you; wash your hands and always use clean plates and utensils; wash fruits and vegetables. Don't eat any food that looks or smells bad; try to put cold items — like milk, yogurt, lunch meats and cheese — back in the refrigerator as soon as you're done with them.

For safe microwaving, think about these: Don't turn on an empty oven; this will cause it to break; read the package directions carefully. Practice before with someone who knows how to use the microwave controls; use only

microwave-safe containers to cook in; use pot holders to take food out of the microwave. If you can't reach the microwave without help, don't use it!; after cooking, if the container is sealed or the dish is covered with plastic wrap, open one corner to let the steam out. Open or pull the plastic away from hands and face - steam can burn!

Some microwave food tips: Pierce hot dogs and potatoes so they don't explode; break open heated donuts and pastries before eating; they can burn your mouth; let popcorn cool for a few minutes before opening.

Some great snack ideas: hard cooked eggs; leftover salad, pizza, spaghetti; cheese and crackers; cereal and milk - with fruit; bagels or English muffins - plain or as a mini pizza; apple sandwiches - slices of apple with peanut butter or cheese between; popcorn - and for a change, try parmesan cheese on top; pre-cut veggies, fresh or dried fruit; yogurt — flavored, with fruit, or frozen; nuts, seeds, pretzels, trail mix; soup; waffles or pancakes; baked potato — with a new topping of cheese and broccoli or chili!; milkshakes — may be with fruit or peanut butter.

Snacks are a great way to refuel. Just remember to snack smart - choose foods from different food groups (milk, meat, fruit, vegetable, bread) and practice important kitchen safety rules.

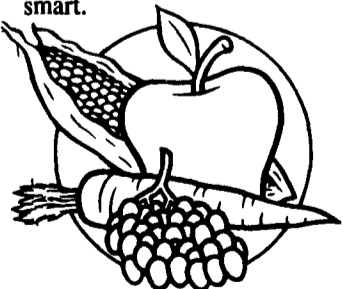
Meat and Meat Alternatives	Milk and Dairy Products	Breads and Cereals	Fruits and Vegetables
Lean red meats like beef, veal, pork, and lamb. Chicken, fish, eggs and peanut butter.	Including milk, cheese, yogurt, and cottage cheese.	Foods such as bread, noodles, rice and cereal.	Fruits, fruit juices, cooked or raw vegetables. Examples: orange juice, applesauce and carrot sticks.

The Four Food Groups

Have you ever heard the expression "You are what you eat?" It's true! Your body is made up of trillions of tiny cells. Everytime you take a bite of food, you're giving these cells fuel to run on. You see, food contains nutrients...about 50 different ones. And all these nutrients are important to keep you strong and healthy. How can you be sure you're getting all the right ones?

That's where the the Four Food Groups come in. The Four Food Groups contain all the nutrients you need. The trick is to keep your diet balanced by eating a variety of foods from each group everyday.

Some foods — like ice cream, candy, pudding, pretzels, and cookies — don't fit into the Four Food Groups. It's okay to eat them in moderate amounts, but think of them as an addition to the Four Food Groups, not a replacement. Remember: you are what you eat...so eat smart.



SNICKERDOODLES

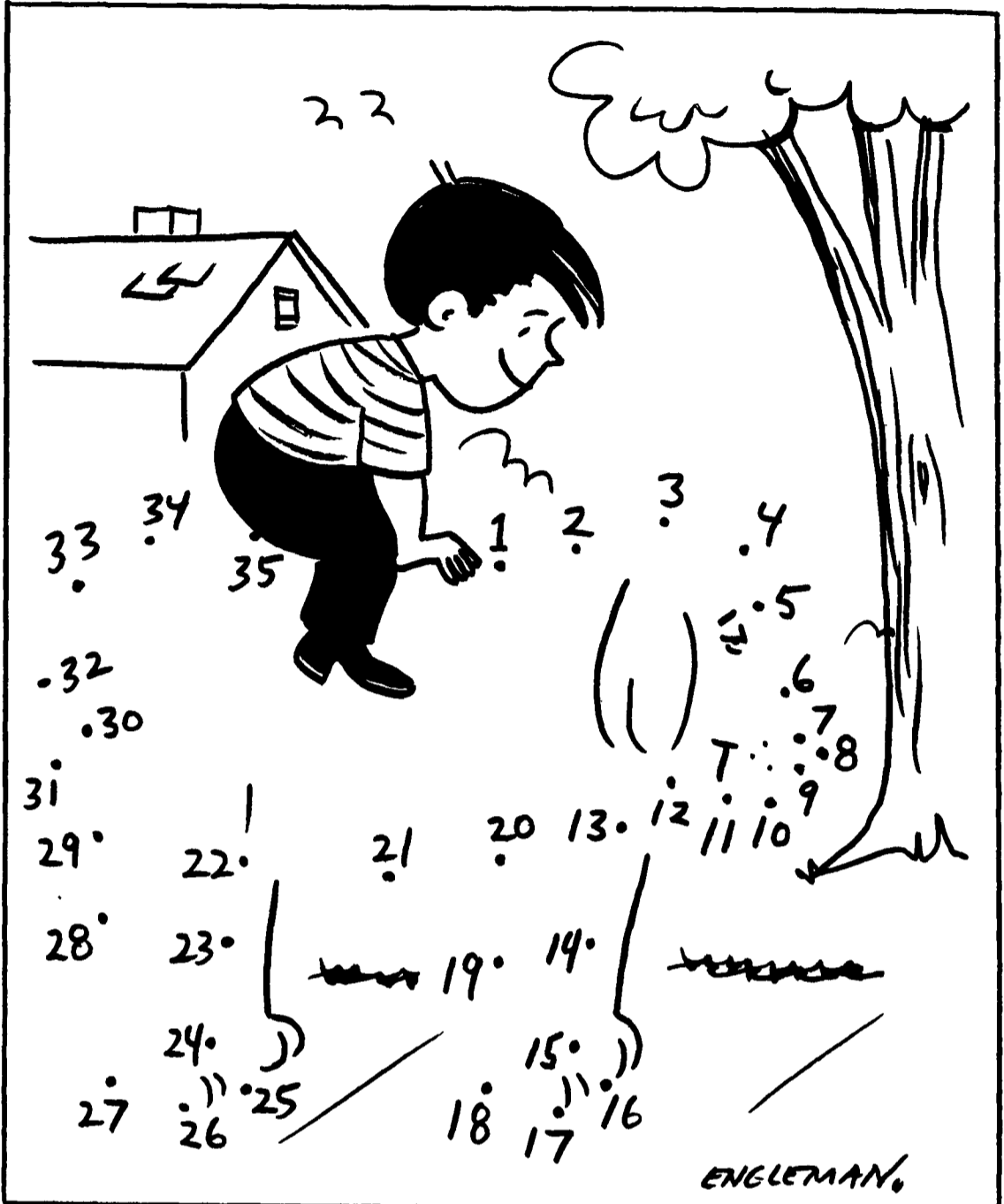
(Sorry, kids. The recipe on the Kid's Page in the September 12th issue on B10 was wrong. Here is the correct recipe).

- 1 cup shortening
- 1 1/2 cups sugar
- 2 1/4 cups flour
- 1 teaspoon baking soda
- 2 eggs
- 2 teaspoons cream of tartar
- 1/4 teaspoon salt



Mix shortening, sugar, and eggs. Add remaining ingredients. Roll dough into balls the size of small walnuts. Roll into the following mixture:

- 2 tablespoons sugar
 - 2 teaspoons cinnamon
- Place 2 inches apart on ungreased baking sheet. Bake at 400 degrees for 8 to 10 minutes or until lightly browned but soft. Makes 5 dozen 2-inch cookies.
Darrel Witmer Family



WHAT IS JIMMY RIDING ON?
CONNECT THE DOTS AND SEE.



Minnie Mouse helps her friend Minnie Moo, the Holstein with distinctive mouse-shaped markings, celebrate her sixth birthday, July 21, 1992. Minnie Moo is a native of Edgerton, Minn., but came to live in the Magic Kingdom at the Walt Disney World Resort in 1990.