**Food**

**MAKING Munchies MATTER**

**Better-for-you snacks kids will love**

**Healthy Eating Tips**

Healthy eating habits start at home. One of the first things you can do for your kids is to be a role model for smart food choices. Here are some simple things you can do to help your kids develop healthy eating habits:

- **Shop for food together and take time to examine, discuss and select food and vegetables that catch your child’s eye.** Allow your child to help you to create a shopping list for healthy foods. For example, let your child see a strawberry, believe it’s made into fruit watermelon, cantaloupe and honeydew to create a fresh, nutritious and visually appealing dessert.

- **Send some healthy snacks to school — watermelon slices are an easy way to brighten up a sack lunch and make a fresh snack to share in the middle of the day.**

- **Try these fun recipes as after school and post-activity snacks.** For more kid-friendly recipes and healthy eating tips, visit www.watermelon.org.

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**Watermelon Kebabs**

- 1-inch cubes of seedless watermelon
- Smoked turkey breast
- Cheddar cheese
- Coffee stirrers or beverage straws

Cut watermelon, turkey and cheese into cubes and skewer on straws or skewers.

**Watermelon Dippers**

<table>
<thead>
<tr>
<th>12 to 16 1/2-inch thick watermelon triangles with 1-inch cubes of seedless watermelon</th>
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<tr>
<td>1 teaspoon vanilla extract</td>
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<tr>
<td>1/2 cup toasted sliced almonds</td>
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Mix yogurt with extracts and spoon over the watermelon. Sprinkle with granola.

**Watermelon Jelly Logs**

- 6 3-inch x 2-inch x 5-inch butter cookies
- 1 12-ounce bottle sparkling mineral water
- 1 10-ounce package frozen raspberries
- 4 cups cubed, seeded watermelon
- 1 tablespoon sugar preserves
- 1 1/2 teaspoons watermelon extract

Place watermelon in a single layer in shallow pan filled with water. Remove from freezer and let stand 1 minute. Dry watermelon through food chute of a food processor or blender with the motor running. Add frozen raspberries alternately with watermelon, processing until smooth. Place in shallow pan; freeze until firm.

**Watermelon Berry Slush**

- 6 ginger, molasses or peanut butter cookies
- 1 12-ounce bottle sparkling mineral water
- 1 10-ounce package frozen raspberries
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**FAMILY FEATURES**

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