



4-H AT HOME



FUN, HANDS-ON ACTIVITIES TO KEEP KIDS ENGAGED

HEALTHY SNACKING



With so families at home, it's easy to over eat and over snack. Here are some ideas and recipes for Healthy Snacking.

Use the Lights. . . To Eat Right!

GO. . . For Fresh Fruits and Vegetables, Whole Grain Crackers, Pretzels

SLOW . . . On Pudding, Chocolate Milk, Frozen Yogurt

WHOA . . . On Chips, Candy Bars and Ice Cream

Here are some recipes for some great snacks!

Kids: Be sure to ask permission first! Wash your hands thoroughly and clean up after.

Parents: These are no bake recipes, using ingredients you probably have at home.

Use this link for a Snack Crackers video : https://www.youtube.com/watch?v=3S_mN2KBAJ0&t=5s

Cinnamon Sugar Crackers

- ◆ 1 Package of bitesize cracker or pretzels
- ◆ 1/4 Cup Butter (melted)
- ◆ 1/4 Cup Sugar
- ◆ 1 teaspoon Cinnamon

Melt butter in small bowl in the microwave. As an adult to remove the hot butter and add in sugar and cinnamon. Mix completely. Put crackers or pretzels in a large zip-top bag. Pour butter/sugar mixture over the crackers. Seal the bag and gently shake and toss until everything is coated. Let sit for 4 hours for the best flavor and Enjoy!

Dill Ranch Pretzels

- ◆ 1 Package of bitesize cracker or pretzels
- ◆ 1/4 Cup Olive or vegetable oil
- ◆ 2 Tablespoons Dry Ranch Seasoning
- ◆ 1 teaspoon Dry Dill

Put crackers or pretzels in a large zip-top bag. Pour oil over the crackers then add Ranch Seasoning and Dill. Seal the bag and gently shake and toss until everything is coated. Let sit for 4 hours for the best flavor.

Go Banana with these Healthy Snacks!

Use this link for a Banana Dog Bites video : <https://www.youtube.com/watch?v=rP5Rwoac4ek&feature=youtu.be>

Banana Dog Bites

- ◆ 1 Bananas
- ◆ 2 tablespoons Peanut Butter
- ◆ 1 Tortillas

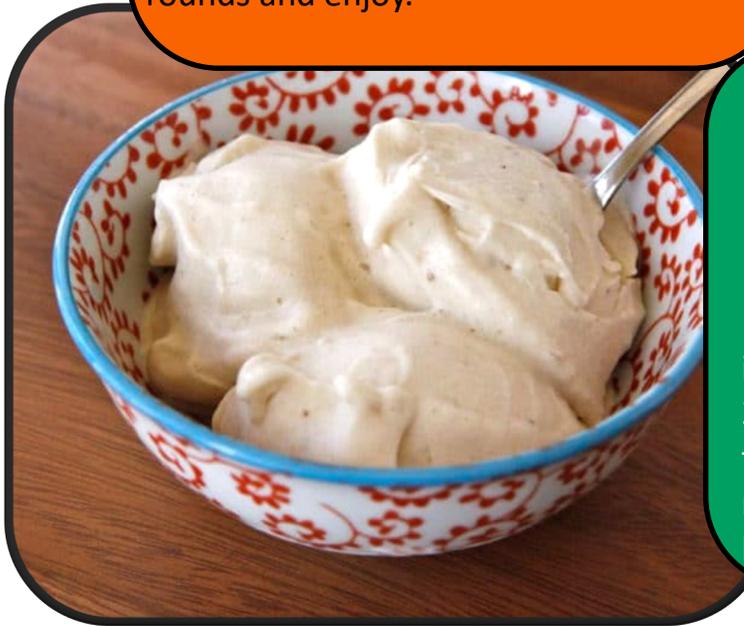
Place tortilla on a flat surface and spread with 1/2 of the peanut butter. Place a peeled banana near the edge of the tortilla and roll it up. Slice into 1/2 inch rounds and enjoy.



No Guilt Banana Soft Serve

- ◆ 3 Bananas
- ◆ 2 Tablespoons Milk
- ◆ 1/2 teaspoon Vanilla

Peel and slice bananas into rounds. Put in large zip-top bag and freeze at least 2 hours over night works better. (try to freeze in one layer) Put frozen banana, milk and vanilla in a food processor or blender and mix until smooth.



More great activities on Facebook at Oklahoma 4-H Virtual Clovers

Resources from: Up for the Challenge: Lifetime Fitness Healthy Decisions; <https://4-hmilitarypartnerships.org/resources/educator-resources>



OSU EXTENSION
**GRADY COUNTY
4-H YOUTH DEVELOPMENT**

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