



the

Lincoln Parks and Recreation
Summer Day Camps

cook
book

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Week 1

- 3 PB & Carrots
- 4 Fruit Kabobs
- 5 Hummus
- 6 Fruit & Yogurt Pops
- 7 Lettuce Wraps

PB and Carrots

prep time

30 sec

serves

1

things you need

2 Tbsp. peanut butter
1 Cup baby carrots (about 12)

Plates or bowls
Spoon for serving peanut butter

here's how

Grab a plate or bowl and place on it 12 baby carrots. Scoop on 2 tbsp. of peanut butter. Dip your carrots into the peanut butter and enjoy!

MyPlate Servings

1 cup vegetables
2 oz protein



Photo credit: webmd.com

Hints

2 tbsp. of peanut butter is about the size of a golf ball.

Fruit Kabobs

prep time

5 minutes

serves

1

things you need

1/2 Cup chunked pineapple (fresh or canned in 100% juice)

1-2 long skewers

1/4 Cup strawberries

1/4 Cup grapes

8 oz skim milk

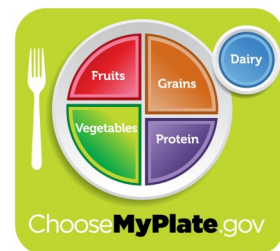
here's how

Open the can of pineapple and drain off the juice. If you can't find it canned in 100% juice, rinse it to remove excess syrup. Wash strawberries and cut out cores, then wash the grapes. Stab each piece of fruit with your skewer to create a colorful kabob! Have a glass of milk on the side to help your bones grow strong.

MyPlate Servings

1 cup fruit

1 cup dairy



Hints

It's important to wash fresh fruits and vegetables in order to remove pesticides and other contaminants. Canned fruits can be equally good for you, just avoid getting too much sugar by choosing those canned in 100% juice or by rinsing off the syrup!

Hummus

prep time

10 minutes

serves

10, 2 Tbsp servings

things you need

1 can (15 oz) chickpeas/garbanzo beans
1/2 Cup plain Greek yogurt
1 tsp lime juice
1 tsp pre-minced garlic
1 Tbsp water
10 whole wheat tortillas, 6"

Plates or bowls
Food processor or blender
Spatula
Spoon for serving

here's how

Drain and rinse beans, then pour into food processor. Measure other ingredients and add. Process on high until smooth, scraping sides with spatula as needed. Add more water if necessary. Using spoon, spread 2 Tbsp of the hummus onto a whole wheat tortilla.

MyPlate Servings

1 oz protein
1 oz grains



Hints

Make half of your grains whole! Whole grain options are usually brown in color instead of white (think bread, tortillas, and rice). You can identify them in the store by looking for the whole grain stamps pictured above. Whole grains have more fiber and nutrients; they will keep your digestive system happy and help you feel fuller longer!

Fruit and Yogurt Pops

prep time

6 hours

serves

1

things you need

1/2 Cup Greek yogurt
3/4 Cup canned peaches in 100% juice

Blender
Spatula
8oz plastic cup
Tin foil
Popsicle stick

here's how

Drain peaches. Place ingredients in blender and process until smooth, using spatula to scrape sides as needed. Pour into cup and cover with tin foil. Poke popsicle stick through foil and into yogurt mixture. Freeze for six hours or until completely frozen.

MyPlate Servings

1/2 cup dairy
3/4 cup fruit

Hints

This is a make ahead snack! Create your fruit pop in the morning and pull it out of the freezer in the afternoon for a refreshing treat.



Photo credit: myrecipes.com

Lettuce Wraps

prep time

5 minutes

serves

1

things you need

6 slices of thin turkey lunchmeat
6 medium leaves of leaf lettuce

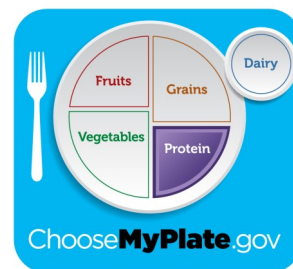
Plate
Paper towels

here's how

Tear off 6 leaves from a head of lettuce and rinse in cold running water. Pat dry with paper towel and then lay flat on plate. On top of each leaf place a slice of turkey and roll it up. Stack lettuce and meat for a thicker wrap. You can eat these just like a burrito!

MyPlate Servings

1 oz protein
3/4 cup vegetables



Hints

These wraps are great to pack for a snack on-the-go! They include a good serving of lean protein that will help you feel full and keep your muscles strong.

Week 2

- 9 Fish Bowl Trail Mix
- 10 Ham Rollups
Cucumber Hors
- 11 D'oeuvres
- 12 Apples & Cheese
- 13 S'mores Pops

Fish Bowl Trail Mix

prep time

30 sec

serves

1

things you need

1/4 Cup raisins
1/4 Cup dry roasted peanuts
1 Cup Gold Fish crackers

Cup or bowl for serving

here's how

Measure out ingredients and pour into a cup or bowl for serving.
Enjoy!

MyPlate Servings

1 oz protein
1 oz grain



Photo credit: <http://news.uic.edu/>

Hints

This easy snack includes peanuts, a great source of protein that also include healthy fats. Healthy types of fat are unsaturated and are liquid at room temperature. They can actually be good for your heart, unlike saturated fats! You can find unsaturated fats in foods like nuts, seeds, avocados, fish, and olive oil.

Ham Rollups

prep time

5 minutes

serves

1

things you need

1 thick slice deli ham
1 oz cheddar cheese
1 apple slice (1/8 apple)
8 oz skim milk

Knife
Cutting board
Plate

here's how

Place a block of cheese on the cutting board and cut a 1 ounce portion, about the size of three playing dice (see below). Wash and cut an apple into 8 slices. Place the cheese and apple onto a slice of ham and roll it up. Now you're ready to eat, enjoy some skim milk on the side!

MyPlate Servings

1 oz protein
1 cup dairy



Photo credit: winnersdrinkmilk.com

Hints

Be sure to keep these ingredients refrigerated before use. Harmful bacteria that cause food-borne illness grow best between 40-140 °F, so it's important keep cold foods below this range and hot foods above it.

Cucumber Hors D'oeuvres

prep time

5 minutes

serves

1

things you need

1 Cup sliced cucumber
5 whole grain crackers (1 oz)

Cutting board
Knife
Plates

here's how

Wash a cucumber and cut into slices (thick or thin). Place cucumber on crackers for a fancy finger food!

MyPlate Servings

1 cup vegetables
1 oz grains

Hints



Hors d'oeuvre is a French word. It can be any small food item served before the main course of a meal. In the U.S., we often call these appetizers.

Apples & Cheese

prep time

5 minutes

serves

1

things you need

1 apple
1 oz cheddar cheese

Plate
Cutting board
Knife

here's how

Wash apple and cut into eight slices. Cut cheese into a 1 oz slice (about the size of three playing dice). Eat together for a sweet and tangy snack.

MyPlate Servings

1 cup fruit
3/4 cup dairy



Hints

This snack is high in fiber from apples. Fiber is indigestible material only found in plant foods! It helps you feel fuller longer and adds bulk to stool. High fiber foods are found in the vegetable, fruit, and grain groups.

S'mores Pops

prep time

15 minutes

serves

1

things you need

1 Banana
Yogurt to coat
1 oz crushed graham crackers
Few chocolate chips

Shallow plate
Popsicle sticks
Plastic zip bag
Butter knife

here's how

Place graham crackers in a plastic zip bag, remove air and seal. Set bag on sturdy surface and pound with fist until crackers are crushed thoroughly. Pour contents onto shallow plate and add a few chocolate chips. Peel banana and insert popsicle stick into one end. Using a butter knife, spread yogurt over the banana. Then, dip yogurt-covered banana into the crushed crackers and chocolate chips. Freeze for 10 minutes and enjoy!

MyPlate Servings

1 cup fruit
1 oz grain



Photo credit: bbcgoodfood.com

Hints

Bananas are high in fiber, B vitamins, and potassium. Consuming adequate potassium is one way to help compensate for the high levels of sodium in the American diet. Bananas have about 100 calories each and contain simple sugars that provide an immediate energy boost, making them a great snack!

Week 3

- 15 Cheese & Crackers
- 16 Caterpillar Skewers
- 17 Funny Face
- 18 Banana Burritos
- 19 Easy Energy Bites

Cheese & Crackers

prep time

2 minutes

serves

1

things you need

1 oz cheddar cheese
5 whole grain crackers

Plate
Cutting board
Knife

here's how

Place cheese on cutting board and cut into a 1 ounce slice (about the size of three playing dice) and then into five smaller pieces. Place each piece of cheese on a cracker and munch on this simple snack!

MyPlate Servings

1 oz grain
3/4 cup dairy



Hints

Cheese is part of the dairy group and is a good source of calcium. It's very important for young people to have 3 servings of dairy every day because calcium plays a huge role in building bone mass. Maximum bone mass is achieved by about age 18, so consuming enough of this nutrient is vital during childhood.

Caterpillar Skewers

prep time

10 minutes

serves

1

things you need

3/4 Cup green grapes
1 grape tomato
1 Tbsp peanut butter
2 raisins
8 oz skim milk

Plate
Long kebab stick

here's how

Wash grapes and tomato. Thread grapes onto skewer with tomato on one end. Dab peanut butter onto tomato, using to stick on the raisins as eyes. Tear off pieces of the grape stalks to create two antennas, poking them into the top of the tomato. Enjoy with a glass of milk!

MyPlate Servings

3/4 cup fruit
1 cup dairy

Hints

To accompany this snack, read the book *The Very Hungry Caterpillar*. Then go outside and see how many caterpillars you can find!



Funny Face

prep time

5 minutes

serves

1

things you need

1/2 whole wheat bagel

2 Tbsp peanut butter

About .25 Cup raisins

here's how

Toast bagel if desired. Spread on peanut butter, and then make eyes and a smiley face using the raisins.

MyPlate Servings

2 oz whole grains

1 oz protein



| |  Bagel |  Doughnut |
|--------------------|--|---|
| | Bagel ▾ | Doughnuts, with chocolate ▾ |
| Amount per | 100 g ▾ | 100 g ▾ |
| Calories | 250 | 452 |
| | % Daily Value | |
| Total Carbohydrate | 49 g 16% | 51 g 17% |
| Sugar | 6 g | 27 g |

Photo credit: <http://bagelking.net/blog/bagels-vs-donuts>

Hints

If you're trying to eat healthier, don't believe the myth that you have to completely change your diet. Instead consider that you're swapping out "eat less" foods for those that are still tasty but much better for you! Many people eat one or two donuts for breakfast; these are loaded with sugar and are high in fat. Swap your donut for a bagel to get a serving of whole grain, then add peanut butter for some healthy fat and protein!

Banana Burritos

prep time

2 minutes

serves

1

things you need

1 banana
2 tbsp. peanut butter
1 whole wheat tortilla

Knife
Plate

here's how

Place tortilla on plate and use knife to spread peanut butter. Peel banana and place on one edge of tortilla. Wrap banana up in the tortilla and eat like a burrito!

MyPlate Servings

1 cup fruit
1 oz protein
1 oz grain

Hints

This snack gives a quick burst of energy from the sweet bananas and longer-lasting fullness from the peanut butter and tortilla. Protein and fiber both take the body longer to digest and thus keep you from getting hungry right away.



Photo credit: cindyshopper.com

Easy Energy Bites

prep time

10 minutes

serves

16

things you need

3 Cups dry oats
1 Cup peanut butter
2/3 Cup honey
1/4 Cup dry nonfat milk powder
8 oz skim milk

Mixing Bowl
Measuring Cups
Large spoon

here's how

Combine all ingredients in a large mixing bowl. Mix using spoon and clean hands. Roll into 8 balls. If you want to take this snack on the go, wrap balls in plastic wrap and stick in a lunch box or back pack! They're a little sticky, so enjoy these with a glass of milk

MyPlate Servings

1 oz protein
1/2 oz grain
1 cup dairy

Hints



Photo credit:

These simple energy bites are high in protein, healthy fats, and fiber. They're much cheaper than store-bought energy bars, only costing about 60 cents per serving. They also have less sugar, sodium, and preservatives.

