

February 2012



VALENTINES WORD SEARCH

valentines
love
parties
letters
roses
hearts
candy
mail
friends
chocolate
sweetheart
cupid



Compliments of Amon Party Collections For Children

<http://members.aol.com/SAMon349KidsParties/Main.index.html>

National Snack Food Month

Grape-n-Cheese Mini-Kebabs

Makes 2 servings, Make one for your Valentine!

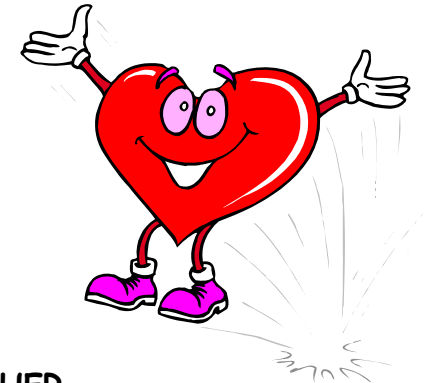
WHAT'S IN IT?

24 red or green grapes
4 ounce chunk part-skim mozzarella cheese



STUFF YOU NEED

Small bowl
Cutting board
Cutting knife
12 toothpicks
2 snack plates



HOW TO PUT IT TOGETHER

- ~Measure out the grapes into a small bowl.
- ~Plop the cheese onto a cutting board.
- ~Cut the cheese with a cutting knife into 12 cubes—like dice!
- ~Slide 1 grape, 1 cheese cube and 1 more grape onto each toothpick.
- ~In clock-like style, lay out a spiral of the kebabs on 2 snack plates—2, 4, 6, 8, 10 and 12 o'clock!

WHY IT'S GOOD FOR YOU

200 Calories, 10 g Total Fat, 6 g Saturated Fat,
12 g Total Carbohydrates, 16 g Protein, 8% Vitamin A,
10% Vitamin C, 40% Calcium, 2% Iron