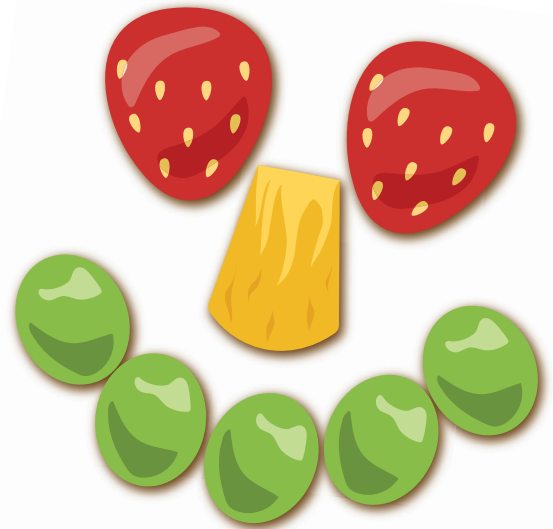


If food is offered:

- Include fruits, veggies, whole grains, low-fat dairy and water for beverages.
- Make it healthy, but make it fun too.
- Mini fruit kabobs with yogurt for dip
- Quesadillas with cheese and veggies
- Trail mix with whole-grain cereal, dried fruit, pretzels or popcorn
- Whole-grain English muffin pizzas
- Fruit smoothie
- Give your child an assortment of finger foods and let them make a funny face or design on their plate.



Mini Fruit Kebabs with Blueberry Yogurt Dip:

Ingredients:

Kabobs

- 4 grapes
- 4 fresh pineapple chunks
- 4 strawberries
- 4 toothpicks

Blueberry yogurt dip

- 1 cup vanilla yogurt
- 1 cup blueberries

Directions:

For the kabobs: thread the grapes, pineapple and strawberries onto toothpicks in any order you like.

For the dip: Mash blueberries with a fork and stir them into the yogurt. Or put yogurt and blueberries into a blender and blend until smooth

Serve the fruit kabobs with the yogurt for dip.

Refrigerate any leftovers immediately. You can easily change this recipe to include whatever fruit you have on hand or your family prefers.

