



CO-OPS

ROCK!

CO-OP
BOARDS

HAVING FUN IN FEBRUARY!

HURRY KIDS! WEAVER
NEEDS YOUR HELP!
HE'S BEEN ON THE
SLOPES ALL DAY
AND NOW HE'S
REALLY HUNGRY,
BUT HE CAN'T FIND
HIS WAY TO THE
CO-OP! CAN YOU HELP
HIM SNOWBOARD HIS
WAY TO A HEALTHY
CO-OP SNACK? (LIKE
THE APPLE PEANUT
BUTTER GRINS BELOW!)



WEAVER'S WACKY WORD SCRAMBLE!

HEY KIDS! HELP
UNSCRAMBLE
THE WORDS ...

1. NEPAUT
2. LPEAP
3. TETRUB
4. SRGNI

CO-OP
FOOD STORES

WORD SCRAMBLE
ANSWERS: 1. PEANUT
2. APPLE 3. BUTTER
4. GRINS

APPLE PEANUT BUTTER GRINS

MAKES: 8 APPLE GRINS

INGREDIENTS:

- 1 RED-SKINNED APPLE, CORED, AND SLICED
- 3-4 TABLESPOONS PEANUT BUTTER (OTHER NUT BUTTERS WORK WELL, ALSO)
- 1/4 CUP OF PUFFED RICE CEREAL

DIRECTIONS: WASH YOUR HANDS BEFORE STARTING THE RECIPE! AND BE SURE TO ASK A GROWN-UP TO HELP YOU.

1. WASH, CORE, AND CUT APPLE IN HALF, THEN CUT EACH HALF INTO 8 SLICES. (YOU SHOULD HAVE 16 APPLE SLICES)

2. LAY DOWN A PIECE OF WAXED PAPER ON YOUR WORK SURFACE. (PEANUT BUTTER CAN BE FUN, BUT MESSY, TO WORK WITH.) SPREAD PEANUT BUTTER ON ONE SIDE OF EACH APPLE SLICE.

3. PLACE 6 OR 8 PUFFED RICE TEETH ON THE SKIN EDGE OF ONE APPLE SLICE. TOP WITH ANOTHER SLICE AND PRESS TOGETHER TO MAKE A TOOTHY "GRIN."

4. PUT TOGETHER THE REST OF THE APPLE GRINS. LAUGH AND ENJOY!

SAFETY TIP: AN ADULT CAN CORE AND SLICE THE APPLES WHILE YOUNGER KIDS SPREAD PEANUT BUTTER AND ARRANGE THE TEETH ON THE APPLE SLICES.

TOOLS NEEDED:
APPLE CORER
PARING KNIFE FOR SLICING THE APPLE
CUTTING BOARD
TABLE KNIFE- FOR SPREADING THE PEANUT BUTTER
WAXED PAPER

SNACK MENU:
APPLE GRINS
WHOLE GRAIN CRACKERS (LIKE TRISCUITS OR AK-MAK S)
LOW FAT MILK

—FROM MARY CHOATE, CO-OP DIETITIAN