

EFNEP

Summer Day Camp

Recipes

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Tortilla Smiles

Materials (for ~20 children):

- 4 serving spoons
- 4 cutting boards
- 2 kitchen knives
- 20- 9 in paper plates
- Napkins
- 3 rolls of paper towels
- 20 wooden Popsicle sticks
- 30- 3 oz. Plastic cups
- 1- 1 Gallon size Zipper Plastic Bags

Ingredients

- 20- 6in Flour tortillas
- 4- 8 oz low-fat cream cheese
- 2- red bell peppers
- 1 ½ lb broccoli florets
- 16 oz cherry tomatoes
- 16 oz shredded carrots
- 2 cucumbers
- 16 oz baby carrots

Prep

- Paper plate for each child
- Vegetables washed and precut

To Do

- Make a face using sliced bell pepper for mouth, broccoli florets for hair, cherry tomatoes for eye/nose, shredded carrots for hair, sliced cucumber for eyes, and baby carrots for nose



Edible Butterfly I

Materials (for ~20 children):

- 2 kitchen knives
- 20- 9 in paper plates
- Napkins
- 20 wooden Popsicle sticks

Ingredients

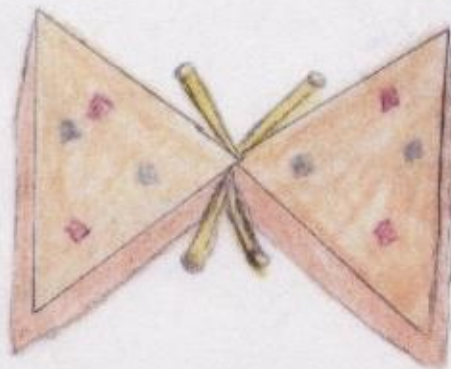
- 1-2 loaves of wheat bread
- 4- 8 oz low-fat cream cheese
- 2-3 boxes of Cheese Stix
- 1 Large bag of Fruit Bites

Prep

- Paperplate for each child
- Precut the slices of bread diagonally

To Do

- To make a butterfly, place cheese stix in middle as body of butterfly, apply cream cheese to the slices of bread (as wings), decorate fruit bites on the bread



Surprise Trail Mix

Materials (for ~20 children):

- 20-25 small bowls
- Napkins

Ingredients

- 2 cups of Cheerios cereal
- 1 cup Oyster Crackers
- 1 cup small pretzels
- 1 cup of Wheat Chex Cereal
- 1 cup black raisins
- 1 cup slices dry bananas
- 1 cup of dry pineapple
- ½ cup of dry cranberries
- 1 cup sunflower seeds

Prep

- Place all ingredients in small bowl

To Do

- Mix all ingredients very well and enjoy



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Fruit Pizza

Materials (for ~20 children):

- 2 cutting boards
- 2 kitchen knives
- 30- 9in paper plates
- 2 apple slicers
- 20- 3 oz plastic cups
- 2 serving spoons
- 30 wooden Popsicle sticks
- 3 rolls of paper towels
- 2- 1 gallon size zipper plastic bags



Ingredients

- 30- 6in flour tortillas
- 1-2 jars of peanut butter (low-fat)
- 2- 24 oz packaged raisins
- 1 bulk of red grapes
- 13 red apples
- 2- 8oz strawberry cream cheese **(To substitute peanut butter for kids with food allergies)**

Prep

- Paper plate for each child
- Precut and prewash apples and grapes

To Do

- To make a fruit pizza, spread peanut butter all over tortilla, decorate with slices of apples, grapes, raisins

Master Piece Yogurt

Materials (for ~20 children):

- 30- 9in paper plates
- 30 plastic spoons
- napkins
- 3 serving spoons
- 30 wooden Popsicle sticks
- 3 paper towel rolls
- 30- 3 oz. Plastic cups
- 1- 1 gall size zipper plastic bags

Ingredients

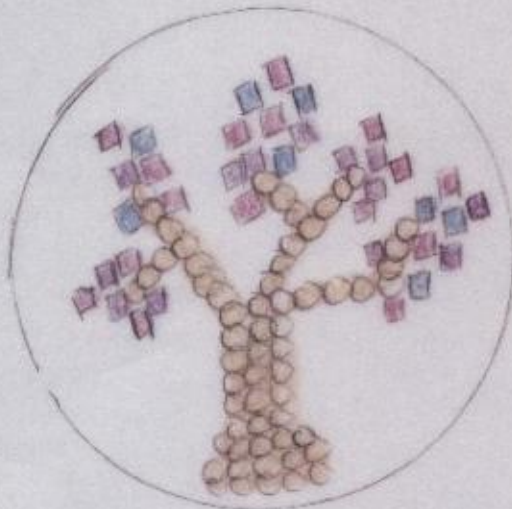
- 4- 32 oz low-fat Vanilla yogurt
- 3- 12.8 oz multigrain Cheerios or fruity Cheerios
- 4- 7 oz fruit bites

Prep

- Paper plate for each child
- Spread yogurt on each plate

To Do

- Suggestion is to make a fruit tree with cheerios as tree trunk and fruit bites as colorful leaves



Purple Cow

Materials (for ~20 children):

- Blender
- 30 medium-sized cups
- 30 plastic spoons
- 30 straws
- Napkins
- 3 rolls of paper towels

Ingredients (Makes 2-3 servings)

- 1 ½ cup of 1% milk
- 3 tbsp frozen 100% grape juice concentrate
- ½ cup low-fat frozen yogurt
- 5 cubes of ice

Prep

- Place all ingredients on blender and process until smooth
- Place into cups



Stars and Stripes

Materials (for ~20 children):

- 30- 9in paper plates
- 30 plastic spoons
- 2 serving spoons
- 30 wooden Popsicle sticks
- 3 rolls of paper towels
- 30- 3oz plastic cups
- 1- 1gallon size zipper plastic bags
- 2 strawberry slicers

Ingredients

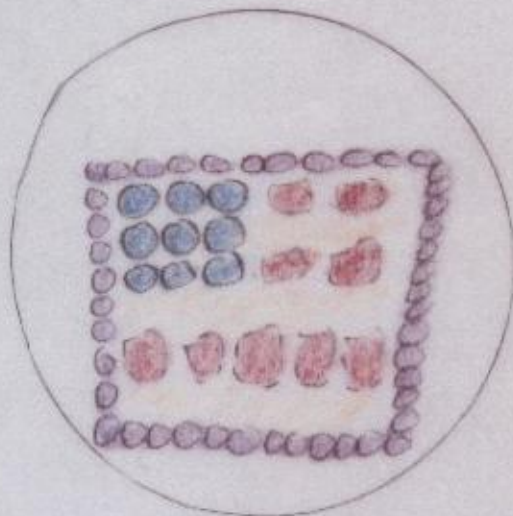
- 4- 32oz low fat vanilla yogurt
- 4- 12oz fresh prepackaged blueberries
- 2- 32oz fresh pack strawberries
- 2- 24oz of raisins

Prep

- Paper plate for each child
- Precut and prewash fruit
- Spread yogurt all over plate

To Do

- To make an American flag, use sliced strawberries as the red stripes, use blueberries as the stars, and use raisins as the flag's outline



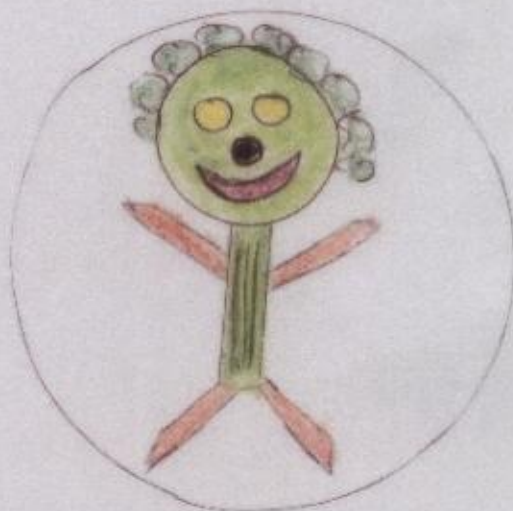
Veggie Man

Materials (for ~20 children):

- 30- 9in paper plates
- Knife
- Cutting board
- Napkins
- 3 rolls of paper towels
- 30- 3 oz. Plastic cups

Ingredients

- 1 head of broccoli
- 2 cucumbers
- 1 small can of corn
- 1 small can of sliced olives
- 2 red peppers
- 1 bag of celery stalks (precut)
- 80 baby carrots
- Dressing (Cheese, Ranch, or French)



Prep

- Paper plate for each child
- Precut and prewash vegetables

To Do

- To make a veggie man, use broccoli florets and hair, use cucumber slice as head, use corn as eyes, use olives as nose, use red pepper as mouth, use celery as body, and use baby carrots as the man's arms and legs

The Green Apple Frog

Materials (for ~20 children):

- 30- 9in paper plates
- 30 wooden Popsicle sticks
- Knife
- Cutting board
- Napkins
- 30- 3 oz. Plastic cups
- 3 rolls of paper towels

Ingredients

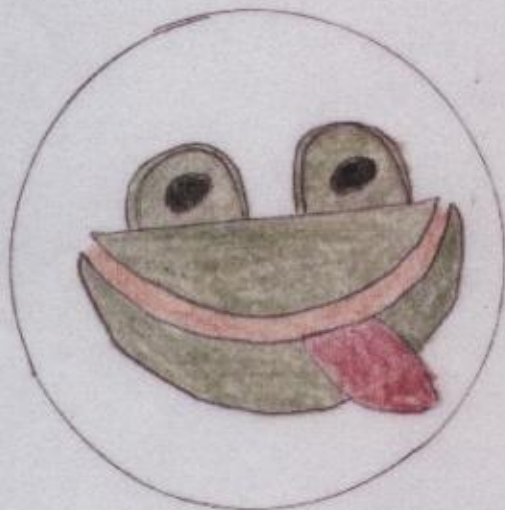
- 1 bulk of green apples
- 1-2 jars of peanut butter
- 1 bag of green grapes
- 2 boxes of raisins
- 2-3 containers of strawberries

Prep

- Paper plate for each child
- Precut and prewash fruits

To Do

- To make green frog, for eyes use 2 green grapes and 2 raisins (hold together with peanut butter), for mouth use two green apple slices, for tongue use a slice of strawberry, use peanut butter for the inside of mouth



Edible Butterfly II

Materials (for ~20 children):

- 30- 9in paper plates
- Napkins
- Knife
- Cutting board
- 30- 3 oz. Plastic cups
- 3 rolls of paper towels

Ingredients

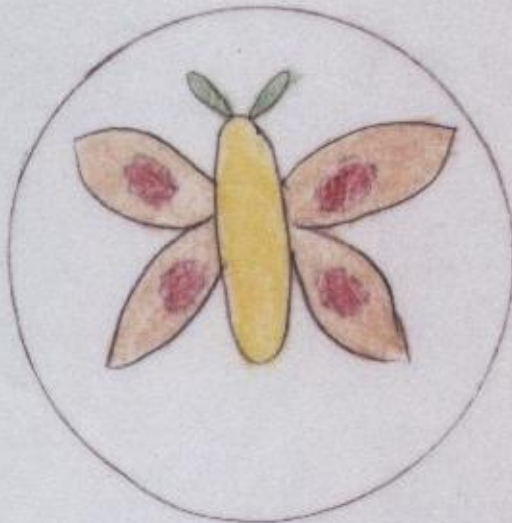
- 15-20 bananas
- 7-8 pineapples
- 1 basket of strawberries
- 3-4 kiwis
- *(optional)* 1 box of waffles

Prep

- Paper plate for each child
- Precut and prewash fruits

To Do

- To make butterfly, for body use banana, for wings use sliced pineapple or waffle (cut in 4 quarters), for antennae use sliced kiwi, for decorating wings use strawberries



Vegetable Flowers

Materials (for ~20 children):

- 30- 9in paper plates
- Napkins
- Knife
- Cutting board
- 30- 3 oz. Plastic cups
- 2 serving spoons
- 30 wooden Popsicle sticks
- 3 rolls of paper towels

Ingredients

- 2 packaged celery stalks pre-cut
- 3- 16oz packages of baby carrots
- 3- 12oz packages of cherry tomatoes
- 3- 24 oz packages of broccoli
- 3-4 red or yellow bell peppers
- 4- 24oz low fat ranch dressing
- 3- 14oz corn kibbles

Prep

- Paper plate for each child
- Precut and prewash veggies

To Do

- To make vegetable flowers, use sliced cucumber/cherry tomatoes as petals, use sliced red/yellow bell peppers for petals, use celery sticks for stems, and use baby carrots for the fence

