

Recipe Ideas for 4th – 6th Graders in the Between Meal Snacks and Food Fare Projects

Use these resources to help 4-H'ers choose recipes for 4-H Project Achievement:

Kids Eat Right - The Academy of Nutrition and Dietetics:

http://www.eatright.org/~media/eatright%20files/25_healthy_snacks_kids.ashx
and <http://www.eatright.org/resources/kids-eat-right-listing/?active=recipes>

Let's Move: <http://www.letsmove.gov/blog/2012/02/09/42-healthy-and-kid-friendly-recipes-try-home>

Strong 4 Life:

<http://www.strong4life.com/pages/EatMoveLive/AllRecipes/AllRecipes.aspx?>

Eat Right: <http://www.eatright.org/resources/kids-eat-right-listing/?active=recipes>

Fruit and Veggies More Matters:

<http://www.fruitsandveggiesmorematters.org/main-recipes>

Cooking Matters: <http://cookingmatters.org/recipes>

Dole: <http://www.dole.com/en/recipes>

Southeast United Dairy Industry Association (SUDIA):

<http://www.southeastdairy.org/category/recipes/kid-friendly/> and
<http://www.southeastdairy.org/dairy-recipes/>

Xtreme Cuisine Kids Cookbook: <http://freshfromflorida.s3.amazonaws.com/P-01554.pdf> and

<http://freshfromflorida.s3.amazonaws.com/P-01776.pdf>

PBS Kids ZOOM Recipes: <http://pbskids.org/zoom/activities/cafe/fruitpizza.html>

KidsHealth Recipes: <http://kidshealth.org/en/kids/recipes/recipes?ref=search>

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