

## SNACK SUGGESTION

# Wholey Great Grains Mix

*This makes a great whole-grain energy snack to refuel kids! Look for “whole grains” on the label of crackers and other snacks.*

**Caution:** Check for nut allergies among your group members before offering nuts as a sundae ingredient. Do not include nuts if any children in your group are allergic to them. For more information about nut allergies go online to [foodallergy.org](http://foodallergy.org).

### Ingredients

- 1 cup whole-grain o-shaped cereal
- 1 cup whole-grain square-shaped cereal
- 1 cup whole-wheat pretzels or fish crackers
- 1 cup popcorn
- ½ cup raisins or other dried fruit
- 1 cup peanuts

### Equipment

- Large bowls (1 per ingredient)
- Serving spoons (1 per bowl)
- Resealable sandwich bags

### Procedures

1. Have everybody wash their hands with soap and warm water for 20 seconds. Clean all work surfaces.
2. Place one ingredient and one serving spoon in each bowl.
3. Give each child a sandwich bag and invite them to scoop one spoonful of each ingredient into their bags to create their own trail mix.
4. Have the kids seal their bags, shake and enjoy!

**Servings:** Makes 5½ cups



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Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp](http://dss.mo.gov/fsd/fstamp). For more information call MU Extension's Show-Me Nutrition line at 1-888-515-0016.

**Kangaroo Jump 2: Go the Distance with Grains - 51**

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