

February 2019



VALENTINES WORD SEARCH

valentines
love
parties
letters
roses
hearts
candy
mail
friends
chocolate
sweetheart
cupid

o	t	r	a	e	h	t	e	e	w	s	u
e	y	l	e	s	y	r	o	s	e	s	a
i	v	p	v	l	e	t	t	e	r	s	e
s	c	a	o	m	e	r	i	d	n	c	t
l	h	a	l	t	a	l	c	v	l	y	a
i	n	c	l	e	l	a	p	e	p	s	l
a	l	u	h	c	n	y	o	l	a	a	o
m	o	p	l	d	s	t	u	i	r	t	c
t	l	i	y	d	n	v	i	p	t	i	o
l	e	d	l	s	i	e	a	n	i	l	h
v	l	n	c	y	o	l	n	m	e	v	c
l	s	e	f	r	i	e	n	d	s	s	l

Compliments of Amon Party Collections For Children

<http://members.aol.com/SAmon349/KidsParties/Main.index.html>

National Snack Food Month

Grape-n-Cheese Mini-Kebabs

Makes 2 servings, Make one for your Valentine!

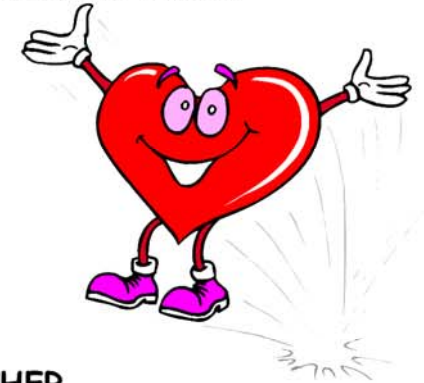
WHAT'S IN IT?

- 24 red or green grapes
- 4 ounce chunk part-skim mozzarella cheese



STUFF YOU NEED

- Small bowl
- Cutting board
- Cutting knife
- 12 toothpicks
- 2 snack plates



HOW TO PUT IT TOGETHER

- ~Measure out the grapes into a small bowl.
- ~Plop the cheese onto a cutting board.
- ~Cut the cheese with a cutting knife into 12 cubes—like dice!
- ~Slide 1 grape, 1 cheese cube and 1 more grape onto each toothpick.
- ~In clock-like style, lay out a spiral of the kebabs on 2 snack plates—2, 4, 6, 8, 10 and 12 o'clock!

WHY IT'S GOOD FOR YOU

200 Calories, 10 g Total Fat, 6 g Saturated Fat, 12 g Total Carbohydrates, 16 g Protein, 8% Vitamin A, 10% Vitamin C, 40% Calcium, 2% Iron

