The “Tickets to Fresh Adventures!” feature nutritious and delicious fruit and veggie snack recipes kids love to make and eat. The snacks are easy to prepare, don’t require cooking, and can be made during a class period.

Preparation of Your Tickets:
1. Paste your 4 pages of tickets back-to-back, so that the snack recipes are on the back of the drawings.
2. Then cut your Tickets along the dotted lines to make 16 cards.

Tips for Using Your Tickets:
- When making the snacks, always have a grown-up with you to help.
- You can store your Tickets in the back pocket of your Janey Junkfood’s Fresh Adventure! book. Or keep your Tickets in an envelope or punch a hole in them and connect with a key ring, ribbon or string.
- Keep them close to the fridge to encourage healthy snacking!

*Grown-Ups:
For fun ways to use the new Janey Junkfood’s Fresh Adventure! book and these “Tickets” in your class, after-school program, or home, go to: foodplay.com/janeybook

Check out Janey Junkfood’s Fresh Adventure! New Children’s Book: foodplay.com/janeybook

Yogurt Parfait
Ticket to FRESH Adventure!

Muffins
Ticket to FRESH Adventure!

EAT TOON!

“Tickets to FRESH Adventures!”
(As seen in the book, Janey Junkfood’s Fresh Adventure!)
**APPLE SMILES**

Make a sandwich with fruit as the bread! Wash and cut an apple or pear into thin wedges. Pat dry. Then, put a slice of cheese or spread peanut butter in between the two wedges. Squeeze gently. You can even smooth puffed rice cereal into the peanut butter between the two slices for “teeth”! Smile as you eat it, and say “cheese”!

From Emma

**YOGURT PARFAIT**

You’ll need yogurt, fresh fruit, such as strawberries and bananas, and a pretty dish or clear cup. Put a layer of yogurt, then a layer of washed, cut-up fruit, then yogurt, then fruit, then yogurt. Top off with a crunchy topping: nuts, trail mix, dry cereal, crushed graham crackers, or granola. It’s scrumptuliumptious!

Your friend, Terell

**SHAKE IT UP, BABY!**

Smoothies are great for a snack or quick breakfast! Put into a blender, fresh fruit such as 1/2 a banana and 1/2 cup of washed strawberries. Add 1/2 cup of yogurt and 1/2 cup of orange juice or milk. Cover and blend till smooth and frothy. (To be extra prepared, you can freeze slices of super ripe bananas in plastic bags and use them in your smoothies!)

Bon Appétit, Shira

**PARTY PLATTER FOR ONE!**

I make this for my mom after a hard day of work but also for myself sometimes, as a special treat after school. Wash and cut up your favorite fruits into pieces. Also, cut up pieces of cheese. Arrange on a pretty platter with crackers. To be extra fancy, add toothpicks to the fruit and serve with a dip of fruit-flavored yogurt. Enjoy!

Love, Shantie

**CHILL STIX**

In Mexico, we take a papaya or mango, peel off the skin and cut it into slices. Then, we put the slices onto a popsicle stick and squeeze a little lime juice on, and surprise, a fruit popsicle! You can also put other cut-up fruit on a popsicle stick, wrap in plastic, and freeze. My favorite “Chill Stix” have strawberries and banana slices. Chill out!

Your buddy, Maria

**NATURAL SODA**

Here’s an easy way to make soda, naturally! Fill up a glass halfway with your favorite 100% fruit juice. Fill the rest of the glass with bubbly water (seltzer) and stir. Give your soda a jazzy name – I call mine “Orange Sizzler!”

Drink up! – Malik

**FANTASTIC FRUITS FROM FAR AWAY!**

Whenever you have the chance, be daring and try a far-out fruit that you’ve never tried before! My favorites – star fruit, pomegranate, and fresh figs! You can even investigate the far away places where the fruit comes from. Have a “tasting party” with your friends or in class, where each of you brings in an exotic fruit to share!

– Joshua wishes you the best!

© 2008 FoodPlay Productions, LLC www.foodplay.com
Fuel up with a nutritious breakfast!
Go fresh with fruits and veggies!
Eat a variety from all five food groups!
Read it before you eat it!
Feed your body healthy food and your mind, healthy messages!

Ticket to FRESH Adventures!

Tobe Fit’s EAT-to-WIN Tips

★ Fuel up with a nutritious breakfast!
★ Go fresh with fruits and veggies!
★ Eat a variety from all five food groups!
★ Read it before you eat it!
★ Feed your body healthy food and your mind, healthy messages!

www.foodplaykids.com
**SUSHI ROLLS**

If you can’t make the real thing like my dad does, make these. You’ll need: a **slice of bread; hummus or soft cheese** like ricotta or cream cheese; thin sticks of raw, washed carrots, celery, and/or cucumber; and sprouts (optional). First, flatten bread with hands or a roller. Then spread hummus or cheese on bread. Put veggies in center, roll up and eat! Kampai! (That means “Cheers!” in Japanese.) – From Tak

Always have a grown-up with you to help!
© 2008 FoodPlay Productions, LLC  www.foodplay.com

**VEGGIE GRAB BAG**

A fun snack to pack and eat on the go! Wash and cut up crunchy **fresh veggies** that you have in the fridge, such as carrots, celery, green/red/yellow peppers, string beans, and jicama. Then, put them in a small plastic bag. Or, for a frozen treat in summertime, bag up frozen peas and eat ’em before they turn into mush!

Give Peas a Chance! Tafari

Always have a grown-up with you to help!
© 2008 FoodPlay Productions, LLC  www.foodplay.com

**SALSA STICKS**

Put **cheese** (grated or sliced) on a **tortilla or flat bread**. Have a grown-up cook it in a toaster oven (cheese side facing up) or microwave until cheese melts. Then, carefully take it out and roll up. Dip into salsa - YUM! For homemade salsa, mix together cut-up ripe tomatoes, onions, cilantro, and celery. Add lime or lemon juice. Muy sabrosa! (That means “delicious” in Spanish.)

– Carlos

Always have a grown-up with you to help!
© 2008 FoodPlay Productions, LLC  www.foodplay.com

**VEGGIE ROBOTS**

Take me to your leader! Have a grown-up help you wash and cut-up different **raw veggies** into various sizes and shapes. Then, create your own veggie robot by putting pieces together with **toothpicks**. When you’re done, take your robot apart, piece by piece, and dip into **salad dressing** for a crunchy treat! Be extra careful with the toothpicks - don’t poke yourself!

Your friend, Ángel

Always have a grown-up with you to help!
© 2008 FoodPlay Productions, LLC  www.foodplay.com

**BROCCOLI FOREST**

Create your own “forest” by washing and cutting off little “trees” from a **broccoli** stalk. Make your “dirt” with this dip: combine 1/4 cup of **peanut butter**, 1 tablespoon of **cider vinegar**, 2 teaspoons of **soy sauce**, 1 teaspoon of **brown sugar**, and 5 tablespoons of **water**. Mix well. Add a splash of **cayenne pepper** or **hot sauce** to spice it up! Dunk your “trees” into “dirt” and enjoy!

Go Green! – Sophie

Always have a grown-up with you to help!
© 2008 FoodPlay Productions, LLC  www.foodplay.com

**MAKE A FACE!**

You can use a **rice cake or piece of bread** (whole grain is best!) as the base of your masterpiece. Spread **peanut butter, almond butter, hummus, or soft cheese** on one side. Then, make a face - eyes, nose, mouth, and hair - with cut-up, washed **veggies** such as carrots, green peppers, sprouts, and olives. Eat up!

Olive you! – Olivia

Always have a grown-up with you to help!
© 2008 FoodPlay Productions, LLC  www.foodplay.com

**Quick & Easy Pyramid Power Snacks**

- **popcorn** • **pretzels** • **rice cakes** • graham crackers • **muffins** • **bagels** • **cereals** • **granola** • **sandwiches**
- **pasta** • **fig bars** • **veggies** • **baby carrots** • edamame • **pickles** • guacamole • **salsa** • **veggie pizza** • **salad**
- **fruit** • **applesauce** • **raisins** • **dried fruit** • **string cheese** • **pudding** • **yogurt** • **frozen yogurt** • **cheese** • **crackers**
- **trail mix** • **sunflower seeds** • **pumpkin seeds** • **almonds** • **peanuts** • **hummus** • **leftovers** • **tacos** • **rice + beans** • **sushi**
- **100% fruit juice** • **100% veggie juice** • **low-fat milk** • **water** • **flavored seltzers**

Always have a grown-up with you to help!
© 2008 FoodPlay Productions, LLC  www.foodplay.com

**VEGGIE CONFETTI**

Wash and cut up into small pieces crunchy **raw veggies** - green peppers, carrots, celery, jicama, and/or radishes - whatever you have in the fridge. Mix up in a bowl. If you want, drizzle on some salad dressing. Munch on this instead of popcorn as you watch your favorite movie!

Here’s to you! – Keisha

Always have a grown-up with you to help!
© 2008 FoodPlay Productions, LLC  www.foodplay.com