Snacks Are Important.
They sometimes give you \( \frac{1}{4} \) of the nutrients you need each day.

Select Snacks From All Food Groups.

Some Good Snacks

- **Milk and Milk Foods**—Ice cream, Cheese, Yogurt
- **Fruits**—Oranges, Apples, Raisins, Bananas
- **Vegetables**—Carrots, Celery, Broccoli, Bell peppers
- **Meat and Meat Foods**—Peanut butter, Peanuts, Nuts
- **Breads and Cereals**—Crackers, Oatmeal cookies, Granola bars

**Lemon Fruit Juice**

**YOU WILL NEED:**
- 1 package lemonade crystals
- 1 quart fruit juice

*This will make about 10 cups.*

**TO MAKE THE DRINK:**

1. Add water to the lemonade crystals. Follow directions on the package.
2. Add 1 quart of fruit juice. Stir well.
3. Put juice in the refrigerator. Or pour it over ice.
Chocolate Oatmeal Cookies

**To Make The Cookies:**


2. Add ½ cup of milk. Add ½ cup of butter or margarine. Stir.

3. Put the boiler on the stove. Turn heat to low. Cook until it starts to boil. Stir as it cooks. Boil about 2 minutes.

4. Take the boiler off the stove. Add ½ cup of peanut butter. Add 2 cups of rolled oats. Stir until well mixed. Add 1 teaspoon of vanilla, if you want to.

5. Let it cool about 10 minutes.

6. Drop a little on a plate. Use two spoons. Make all the cookies like this.

7. Put cookies in the refrigerator. Let them get hard.

**You Will Need:**

2 cups sugar
2 tablespoons cocoa
½ cup milk
½ cup butter or margarine
½ cup peanut butter
2 cups uncooked rolled oats
1 teaspoon vanilla, if you want it.

This makes 3 or 4 dozen cookies.