

EAT BETTER FOR LESS

The Perfect Season to Invite Kids into the Kitchen

Want to add an extra sparkle to the upcoming holiday season? Welcome the next generation to the kitchen! It's the perfect time to share a life skill they will use for years to come.

While cooking, you can share tips about nutrition, provide health advice, and offer kids a chance to try new foods - all in a warm environment.

The dish doesn't have to be difficult. You can make sandwiches, bake cookies, or prepare an easy dish from our website, EatGatherGo.org, that you and your child select.

Who knows? You may start something so special, it continues long past the new year. Here are some tips to remember:



Recipe for Kitchen Magic

- Pick a stress-free time.
- Prepare yourself for messes.
- Be patient.
- Keep a sense of humor.

- Praise often. Criticize less.

Playing It Safe

- Start with proper hand washing, clean surfaces and cooking tools.
- Supervise constantly.
- Have kids stand at activity level.
- Assign jobs that are age- and skill-appropriate.
- Give simple instructions, one at a time.



These Cranberry Oatmeal Balls are a quick, tasty treat - perfect for a first-time chef to make for a snack.

Cranberry Oatmeal Balls

Ingredients

- 1 cup quick-cooking oats
- 1/3 cup almonds, chopped
- 1/3 cup reduced-fat peanut butter
- 1/4 cup honey
- 1/3 cup dried cranberries

Directions

1. In a medium bowl combine all ingredients until well mixed.
2. Form oat mixture into 18 balls about 1 inch wide.
3. Place balls on a cookie sheet. Refrigerate for 30 minutes.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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Purdue Extension
Nutrition Education Program



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Resources: <https://extension.usu.edu/healthwellness/research/benefits-of-including-kids-in-the-kitchen>
[eatgathergo.org/recipe/cranberry-oatmeal-balls/](https://www.eatgathergo.org/recipe/cranberry-oatmeal-balls/)

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