

CONGRATULATIONS!

YOU DID A GREAT JOB FINISHING THE GAME "LOAD THE LUNCHBOX". YOU GET YOUR OWN PERSONAL CHEF!

Farmers and ranchers work hard to give us nutritious food. We can have fun making healthy snacks with the great things we get from American agriculture. Did you know that more than 400 different commodities (types of food) are produced in the U.S.? Thanks to America's farmers and ranchers, we have access to delicious food!



CUT OUT THIS STAMP AND ATTACH IT TO YOUR PASSPORT TO SUSTAINABILITY. COLLECT THEM ALL!



DELICIOUS, NUTRITIOUS SNACKS!

With the help of an adult, try these fun snacks!

WHAT YOU NEED:

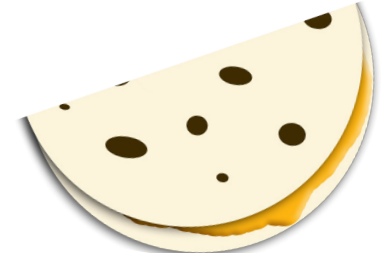
- 4 round crackers
- cream cheese
- food coloring
- raisins or dried cranberries
- stick pretzels (broken into small pieces)
- knife for spreading cheese
- bowl
- spoon

WHAT TO DO:

Place some cream cheese in a bowl and add your favorite food coloring. Mix well. Spread cream cheese on a cracker. Decorate with raisins and pieces of stick pretzels. Compare fun designs and enjoy your yummy snack!



APPLE-n-Ham quesadilla



WHAT YOU NEED:

- 1 tortilla
- 2 slices of your favorite cheese
- 1 slice of ham lunch meat
- 1/4 of a tart apple, sliced thinly
- Butter or non-stick cooking spray
- Frying pan
- Spatula

WHAT TO DO:

Coat frying pan with butter or non-stick cooking spray. Place tortilla in pan. On one half of the tortilla, add cheese, ham, and one layer of sliced apples. Place one slice of cheese on top. Fold tortilla to cover ingredients. Heat on the stove until cheese melts. Enjoy!