

COMPILATION OF "NO-COOK" COOKING RECIPE IDEAS

I've been brainstorming with a co-worker's teenager and we've thought of some ideas. Just be careful with the peanut butter ideas. Check first for allergies.

1- ants on a log- Spread celery or bananas with pb or cream cheese. Add raisins for the ants.

2- pear mice- Place a pear half face down, add raisins at the tip for eyes and a curl of carrot for a tail.

3- pb balls- Mix pb with confectioners sugar in equal parts until beige crumbs form. Add **small** amounts of warm water at a time and stir. You will end up with an edible playdough, which can be formed into any shape.

4- sort of s'mores- Make the usual graham and chocolate base, but use marshmallow fluff instead of roasted marshmallows.

5- open-face sandwiches- Magazines run lots of adds showing open face sandwiches with mustard smiles, pickle slice eyes, etc. Provide your kids with ingredients and let them create.

6- milkshakes- I notice you don't want to use anything that heats. If a blender is OK, make shakes. For extra flavor and nutrition, add dead-ripe bananas.

7- coffee can ice cream- I don't have the recipe, but I've heard about this many times, especially from Girl Scout leaders. It involves the use of two cans, 1# and 3#. I bet the recipe can be found on line.

That's all my brainstorming. Hope some of it's useful.

Peg Siebert

Blodgett Library

Fishkill, NY

I just did a "pizza party" program today, where I used cookies as a base (fairly thin flat tan cookies), the kids smeared red icing on this, and stuck on squares of fruit by the foot ("ham") tiny pieces of cut up gumdrop "green peppers and onions" and tiny pieces of cut up dried candied pineapple. This was finished off with a sprinkle of coconut for mozzarella and that was it. The kids had a great time with this. I know it isn't really cooking, but I had no oven facilities to make real pizza, as some libraries have mentioned.

Good luck,

Diana Cook

dcook@reginalibrary.ca

Have you thought about cream cheese and graham cracker cookies? Just mix 8oz. of cream cheese, 1 tsp. or so of vanilla, and powdered sugar (1 1/2 cups or more to taste) together and spoon between two graham crackers. For best results, they do need to be refrigerated a bit to set. That might be a problem.

Good luck,

Michele Collette

School Services Librarian

St. Charles Public Library

Sarai Spears <Sspears@acpl.lib.in.us>

Take a gander at some of these:

<http://dessert.allrecipes.com/az/BnnPinpplDlight.asp>

<http://dessert.allrecipes.com/az/BnnPddingIII.asp>

<http://dessert.allrecipes.com/az/ChccltirDssrt.asp>

<http://dessert.allrecipes.com/az/PntBttrFritDip.asp>

<http://appetizer.allrecipes.com/az/NBkPizzptizr.asp>

Lisa Haliburton

Cc:

Subject: No cook recipes

Denise,

This is in response to your request for food recipes which do not require cooking.

Several years ago at my library we presented such a program which we promoted as "Un-cooked Goodies". We advertised the program for ages 7 & up (it probably should have been ages 8&up) The program lasted 1 hour and thirty minutes.

We made the following recipes:

Strawberry smoothies, bagel face sandwiches (w/sprouts for hair) and Napoleons with Chocolate graham crackers, vanilla or banana pudding and chocolate syrup drizzled over the top. You may also use melted semisweet chocolate chips. The drizzled chocolate should resemble icing.

Here's the Napoleon recipe

Layer the Napoleon ingredients in this order: cracker>pudding>cracker>pudding>cracker>drizzled chocolate. Place the Napoleons in the refrigerator for 2 to 6 hours. This will allow the crackers to soften. The kids took the Napoleons home, refrigerated them more and ate them there.

The other recipes were made and consumed at the program.

The smoothie recipe probably can be found in many juvenile cookbooks in your library collection. One cookbook that I recommend highly for this type of program is a by Mollie Katzen. It is titled "Pretend Soup". This book is I found the bagel face sandwich recipe. This book has written and picture instructions which make it a good book for readers and non-readers.

Molly Katzen has another great cookbook for kids, Honest Pretzels. You might try that cookbook also.

Hi! How "no cook" do you mean? I have access to a microwave I can take in to a program and have several recipes I have done with that. If you have no cooking sources at all, you could try frosting and decorating cookies or cupcakes made beforehand or ice cream toppings (you can also use vanilla yogurt for sundaes). Cheese Whiz or peanut butter on crackers can be done with raisins for faces or with pretzel sticks for legs as spiders or cat faces. There's always the old Fruit Loops strung on red licorice whips for a necklace. I did a couple of quick Google searches using the terms no cook with treats or snacks or desserts and got several sites, but that takes time to go through all them for recipes that are usable. If you have want a few microwave recipes that I have used with kids, let me know. Enjoy!

Deborah

decoc@desmoineslibrary.com

Hi Denise,

All I thought of was making butter using jars and whipped cream (?) the kids shake their little hearts out and then you could spread it on donated bread from a local bakery. Panera if you're lucky!

Jeanne Smith

Head of Youth Services

Cromaine District Library

3688 N. Hartland Rd

P.O.Box 308

Hartland, MI 48353

Try the site AllHomemadeCookies.com They have tons of no bake cookie recipes.

Margaret Tassione

No Cook Cooking Programs

MHLS YS Dept.- 2004

2

tassione@northlakelibrary.org

When my kids were small, they loved to make a no-cook date roll. (They wouldn't eat it, but liked to make it!) (These amounts are guess-timates. I don't think I ever really had a recipe; I just mixed the ingredients until they stuck together.) Mix a box of chopped dates (works better if you chop the dates yourself beforehand. The ones that are already pre-chopped aren't as sticky.) with a couple of cups of miniature marshmallows and chopped nuts (we use pecans, coarsely chopped). Squish it up together, and then form it into a roll. Roll the roll in graham cracker crumbs, then in waxed paper. You can cut off slices for the kids to taste. (It gets firmer if refrigerated, but you probably won't have time for that.) Good luck with your program.

Ann Brown
Children's Librarian
Lawton Public Library
Lawton, OK

Something with pudding and Cool Whip might work. Or, you can make the whole thing and they can bake it at home. Good luck!

Jo-Ann Carhart, MLS
Head of Adult & Young Adult Services
East Islip Public Library
381 East Main Street
East Islip, NY 11730

Denise,

Have you tried No-Bake cookies in allrecipes.com? You do realize of course that it is a tall order to find anything except something like a parfait that require no heat whatsoever to make it. Try the Zoom website the Zoom cafe section might have something you can use or for that matter see if there are any raw foods cookbooks that might have something you could use. Off the top of my head the only thing I can think of is a trifle using instant or premade pudding cut up pound cake and fruit. How about a Knickerbocker Glory? There were a bunch of recipes floating around because they are mentioned in Harry Potter. It is basically a cross between an ice cream parfait and an ice cream sundae. There is a really old kids cookbook called Cool Cooking that might have some ideas. Fruit salad and fruit or veggies with dipping sauces come to mind as well.

Good Luck
Julie Rines
jrines@ocln.org

Nancy Sheehan <sheehan@noblenet.org>

I have had great luck with ice cream in a bag

Here is a link to one version. I have also made it with double strength Kool-aid (frozen food is less flavorful) that is cheaper and less likely to distress the lactose intolerant.

<http://www.kidsdomain.com/craft/icecream.html>

This really does work and it is very cool to have your own ice cream freeze in your very own hand.

What about something using instant chocolate pudding? My mom use to let us make graham cracker cookies just sandwich frosting between 2 graham crackers. Sometimes she would make them and put a surprise in the middle like a dab of peanut butter, marshmallow crème, a piece of chocolate etc. I have also seen miniature hamburgers made by using vanilla wafers and a peppermint pattie. Use a little frosting to hold them together red for ketchup, yellow for mustard. Hope these help.

Linda Peterson
Bloomfield-Eastern Greene County Public Library
125 South Franklin
Bloomfield, Indiana 47424

Melissa Wallace <mwallace@bcpl.org>

You may want to try these websites:

<http://www.pcrm.org/health/recipes/desserts.html>

No Cook Cooking Programs
MHLS YS Dept. – 2004

http://southernfood.about.com/cs/dessertrecipes/a/summer_desserts.htm

Several of the recipes call for peanut butter. I would stay away from these in case of allergies. Hope these help. Good luck!

My sister in law makes a cookie? candy? called Dirt, I think it is just peanut butter, uncooked oats and cocoa mixed together. I can ask her for the recipe if you want.

Sonia

callahancl@bitstreet.com

Jennifer Baker <jbaker93711@yahoo.com>

Most of the "no-cook" cookie recipes i know still require a saucepan and boiling. Here's a couple though that don't. The only major problem with these is you may have kids allergic to some of the ingredients (peanuts, walnuts & coconut allergies I hear are pretty common) maybe you could substitute with granola or something.

1 box vanilla wafers
1 box powdered sugar
1 stick butter, melted
1/2 c. chopped nuts
1 sm. (6 oz.) frozen orange juice
Crush vanilla wafers in blender or with rolling pin.
Mix with other ingredients and roll in balls and then in coconut. Chill.

Or

1 c. creamy peanut butter
1 c. powdered sugar
1/2 c. chopped walnuts
2 tbsp. butter, soften at room temperature
1 c. flaked coconut
Combine the peanut butter, confectioners sugar, walnuts, and butter in a medium mixing bowl. Use a wooden or large spoon to mix well. Take about a teaspoon of batter and roll into a small ball; then roll each ball in coconut. Chill in the refrigerator.

Here's another one that's no cook and fewer potential allergens:

10 graham crackers, crushed
1 c. raisins
1 c. chopped dates
1/4 c. honey
Mix well and form into balls.

You could also have a cookie-decorating segment and just bring pre-cooked sugar cookies with frosting and sprinkles.

"Veselovsky,Cassie" <veselovskyc@cadl.org>

Jell-O Brand no-bake cheesecakes :) Or really, any kind of pudding in a premade graham cracker crust...

Salads don't require cooking :)

Anything with tuna - tuna salad sandwiches? Or those other canned meats.

Meatless taco dip - canned beans, salsa, shredded cheese, sour cream, olives, etc.

A great source for recipes is the Searchable Online Archive of Recipes or SOAR. You can find all kinds of recipes on this website. The website address is <http://www.recipe-source.com/> Just type in no cook and it comes up with 24 recipes. If you type in no bake you can get 121 recipes.

Here are a few that don't require any cooking whatsoever

Title: NO COOK CREAM CHEESE CANDY

Categories: Candies

Yield: 1 Serving

No Cook Cooking Programs

MHLS YS Dept.- 2004

4

13 oz Cream cheese
1 TBSP Cream
1 pk Powdered sugar
2 2/3 c Peanut butter

Mix ingredients together. Roll out jellyroll style and spread with peanut butter. Roll up. Chill and slice. When I have made this, sometimes it is hard to handle. If this happens, knead until you can roll it out.

Title: NO COOK PEANUT BUTTER FUDGE

Categories: Candies

Yield: 1 Serving

1 c Peanut butter
1 c Karo syrup-light or dark
1 1/4 c nonfat dry milk
1 1/4 c Confectioner's sugar; sifted

Blend peanut butter and syrup in a large bowl. Measure dry milk and confectioners sugar together and add all at once. MIX ALL together first with a spoon then knead with hands until smooth and creamy. Flatten out on cookie sheet and cut in squares. Pat Dwigans

Title: Edible Playdough

2 c Smooth peanut butter
2 c Rolled oats
2 c Dried milk
2/3 c Honey

Optional

Rice Krispies Coconut sprinkles Chocolate chips Red hots

Get your kids to mix all the ingredients until thoroughly combined. Have them wash their hands while you cover the kitchen with wax paper to make a work surface for them. Give them the bowl of playdough and leave them to it. Store in an airtight container.

Katherine Witt

Weber County Library

Ogden, UT 84401

I have no-bake cookies, but it does need a microwave to heat up some of the ingredients. The recipe is:

2 cups white sugar
1/4 cup unsweetened cocoa powder
1/2 cup milk
1/2 cup margarine
1 teaspoon vanilla extract
1 pinch salt
1/2 cup chunky peanut butter
3 cups quick cooking oats

Directions

1 In a saucepan over medium heat, combine the sugar, cocoa, milk and margarine. Bring to a boil, stirring occasionally. Boil for 1 minute, then remove from heat and stir in the vanilla, salt, peanut butter and oats.

2 Drop by rounded spoonfuls onto waxed paper. Allow cookies to cool for at least 1 hour. Store

Another thought: How about making ice cream?

1 tablespoon Sugar
1/2 cup Milk or half & half
1/4 teaspoon Vanilla
6 tablespoons Rock salt

No Cook Cooking Programs

MHLS YS Dept.- 2004

1 pint-size Ziploc plastic bag
1 gallon-size Ziploc plastic bag
Ice cubes

1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
2. Put milk, vanilla, and sugar into the small bag, and seal it.
3. Place the small bag inside the large one and seal again carefully.
4. Shake until mixture is ice cream, about 5 minutes.
5. Wipe off top of small bag, then open carefully and enjoy!

The only problem with this is that the bags get *cold*!

Good luck!
Samantha Maskell, Youth Services Librarian
Rockingham Free Public Library
65 Westminster Street
Bellows Falls, Vermont 05101

How about some fancy sandwiches?
Maybe wraps or a sandwich cut with a cookie cutter to make a fancy shape?

Lisa Cole
Librarian - Youth Services
Koebel Main Library
Arapahoe Library District
Centennial, CO
lcole@ald.lib.co.us

Our whole summer reading program was about food. (Feed your need to READ!) We did lots of things with food. We made astronaut pudding. Measure pudding mix into a baggie and add milk. Mix by squishing until it's the right consistency and cut off one corner of the baggie and eat. Does that qualify as cooking? Most of the other things we made were kind of crafty rather than recipes but one that was a real hit was hamburgers out of cookies.

Vanilla wafers=buns
chocolate cookie=burger
red icing=catsup
yellow icing =mustard
sliced gumdrops green=pickles
white=onions
red=tomatoes

Hope this helps

Connie Gareiss
Children's Librarian
Centerville Center Township Public Library
126 E. Main Street
Centerville, IN 47330

I don't know if these are what you had in mind, but here are some ideas from my program:

Ants on a log
Put peanut butter on celery and then raisins (ants) on top

Rabbit salad
Use lettuce in the bottom of a bowl
Use half a canned pear as the face
Use toothpicks for whiskers

No Cook Cooking Programs
MHLS YS Dept.- 2004

Use raisins for eyes
Use a maraschino cherry for a nose
Use American cheese for ears

Thanks!
Julie Dietzel-Glair
juldietzel@aol.com

vida lashgari <vidalashgari@yahoo.com>

Hi, how about a trifle or dirt cups? For the trifle you can buy pr made pound cake or Ladyfingers. Buy instant pudding and have the kids take turns shaking the milk and pudding together instead of using a mixer.

[ann chapman <amom124@yahoo.com>](mailto:amom124@yahoo.com)

Denise, thank you. I could have used some of these this summer for my Explorers program for tweens. I'll be ready next summer! We have or make a treat every week - **if you feed them they will come** - we had great attendance. I'll share our favorites this summer -

"Revolting Reads at the Roadkill Cafe" - I read to them from How to Eat Fried Worms, we made worms in the mud - I had pudding pre-made & in individual cups, the kids spooned on dirt (pre-ground chocolate graham crackers) & gummy worms and did revolting mad-libs (I found some on-line) while they ate.

"Potter & Pizza" - I believe I got that name from PUBYAC! - 5 local pizza places donated pizza, we did a blind taste test to determine which pizza came from which place, they ate while I read food excerpts from the first Harry Potter book, then barely time for some Potter trivia, found on-line. I had 4 tables of 6 & assigned each one a house, e.g., Griffindor etc. & referred to them that way throughout the program. Lots of boys 6th-8th grade attended - not sure if it was the Potter or pizza that was the draw!

Thanks again for sharing. Ann

Hello from CT!

We just had a program that I made no-bake fresh fruit tarts for. They were easy enough that I could have made them with the kids, but we didn't have enough time in the program. Here is the URL where I found the recipe:

<http://www.recipe-source.com/text/desserts/tarts/fresh-fruit1.txt>

Also, I once did a program with the kids where we made homemade salsa and later ate it with tortillas while reading a story. I can't for the life of me find the specific salsa recipe, but it was good. I'm sure you can find a homemade salsa recipe in several cookbooks.

Erica Dean Glenn
Children's Librarian, Southington Library and Museum
255 Main Street , Southington CT 06489

You could make Dirt Dessert. Put Oreo cookies in sandwich Ziploc bag.

Roll rolling pin over the bag to crumble the cookies. Sprinkle half of this mixture in bottom of a clear plastic cup. Either make instant chocolate pudding or use canned chocolate pudding. Spoon pudding on top of crumbled cookies. Sprinkle the rest of the crumbled Oreos on top of the pudding. Add a couple of gummy worms sticking out of the "dirt". Linda Eatherton Montgomery City Public Library

I have had the kids make no cook chocolate truffles. It's just icing sugar, milk and cocoa, then the kids roll it in coconut, or chocolate truffles or drinking chocolate. Can't remember the exact measurements, but if you're interested I can find them for you. The finished product is very sweet - dentists wouldn't thank me, but the kids seemed to love it. I've done it in a program for kids as young as 3yo.

Hope this helps....

Tina Cavanaugh
Children's and Youth Services Librarian
St Albans Library

No Cook Cooking Programs
MHLS YS Dept.- 2004

WHAT'S COOKING IN THE LIBRARY?

Creating Library Cooking Programs For Kids

By Denise Lyons

Target Group:

You can do a cooking program with kids who are old enough to have the motor skills to participate. Some of the cooking activities are holding spoons, stirring, measuring amounts, and molding the food with hands.

Overall:

There are several things to keep in mind when while you are planning: the ingredients, the instructions, having assistance, safety, and logistics. There are not really books that talk about how to create specifically cooking programs for children. You would think in terms of how to create a cooking program for adults then simplify. Here are some considerations for you when creating your plans.

Food and Ingredients:

1. Some of the items you may choose to make could get pricey and depending on how many the recipe serves, you may find that some recipes are too cost-prohibitive.
2. Remember that a recipe with too many ingredients will take a long a time and the kids may get antsy.
3. Measure out ingredient sets and depending on the number of children, you may decide to put them in pairs or three's.
4. Always have extra ingredients on hand for those who spill or eat the ingredients.
5. And they will want to eat the ingredients! You may decide to have a little snack before, or keep a bowl handy of treats they can dip into while they are cooking.

Logistics:

1. You will want to know how many children are coming so you can be prepared with supplies, so you will want to have them register in advance.
2. You will want to be sure there is plenty of room and that the children are not working on top of each other.
3. Anyone who is cooking will need to wash their hands and make it clear to the children that they have to wash their hands again if they touch the floor or their face or clothes.
4. You will probably want some extra hands so recruit some parents or other librarians. This is especially true if there are small ingredients such as nuts or raisins because you don't want the kids popping things into their mouths.
5. Find out ahead of time who has allergies! This is very important. Don't just rely on the kids—be sure to ask the parents when registering and again at the door.

No Cook/Bake Recipes

RAGGEDY ANN SALAD

Peach halves	Celery	Hard cooked eggs
Raisins	Cherries	Yellow cheese
Leaf lettuce		

Body: 1 peach half. Arms and legs: Small celery sticks. Head: half a hard cooked egg. Eyes, nose, shoes and button: raisins. Mouth: piece of cherry. Hair: grated yellow cheese. Skirt: ruffles leaf lettuce.

BUTTER

1 pt. whipping cream
4 sm. clean baby food jars & lids

Take whipping cream out of refrigerator 2 hours before using to get to room temperature. Divide evenly into jars, put on lids and let children shake, shake, shake. When butter forms, pour off liquid (taste this!) and spread on crackers or bread. (Add a touch of salt if desired.)

Option: Put 1 pint of cream into a mayonnaise jar and take turns shaking. (It's best if you have time to refrigerate.)

CREMEDOODLES

- 1 (7 oz.) jar marshmallow creme
- 1 c. peanut butter
- 1/2c. honey
- 3 oz. milk chocolate bar, grated
- 1 1/2 c. raisins
- 1 c. chopped walnuts
- 2 c. shredded coconut

Stir all ingredients except coconut together and help form into 1" balls. Roll in coconut. Chill or freeze. Makes about 6 dozen.

GORP

- | | |
|---------------------------|--------------------|
| Raisins | Oatmeal |
| Sesame seeds | Granola |
| Chocolate chips | Dates |
| Any dry cereal | M&M's |
| Cheerios | Pretzels |
| Sunflower seeds | Wheat or Rice Chex |
| Peanuts Walnuts, any nuts | |
- Mix what you want and enjoy.*

NO COOK COOKIES

- 1 cup peanut butter
 - 1/2 cup sorghum
 - 2 cups rice krispies
- Mix together and drop in balls on wax paper.*

NO COOK/BAKE RECIPES THAT REQUIRE HEAT

PEOPLE PUPPY CHOW

- 12 oz. chocolate chips
- 1 c. smooth peanut butter
- 1/2 c. margarine
- 12 oz. Chex cereal (any except bran)
- 12 oz. Cheerios
- Powdered sugar

Melt in pan together over low heat. Combine cereals and add to above mixture and coat well. Pour into large bag with powdered sugar and shake until coated well. Store in refrigerator.

NO BAKE CHOCOLATE OATMEAL COOKIES

- 2 c. granulated sugar
- 1/2 c. milk
- 2 tbsp. cocoa
- 1/2 c. margarine
- 1/4 tsp. salt
- 1/2 c. peanut butter, smooth or chunky
- 3 c. quick cooking rolled oats
- 1 tsp. vanilla

In a large saucepan, mix sugar, milk, cocoa, margarine and salt. Bring to a boil over medium-high heat and boil 1 minute. Remove from heat. Add peanut butter and stir until dissolved. Add oats, stirring in 1 cup at a time. Add vanilla and mix well. Wait 2-3 minutes, then drop batter by teaspoonfuls on wax paper or aluminum foil. Cool. Makes 5 dozen cookies.

PEANUT BUTTER NO-BAKE COOKIES I

- 1 1/2 cups granulated sugar
- 1/2 cup butter or margarine
- 3/4 cup all-purpose flour
- 2/3 cup evaporated milk
- 2 cups quick-cooking oats

2/3 cup creamy peanut butter

1 teaspoon vanilla extract

1/4 teaspoon salt

In a saucepan, combine the sugar, butter, flour and milk. Bring to a full rolling boil and cook for 3 minutes, stirring constantly.

Remove from heat and add remaining ingredients all at once. Blend well.

Drop tablespoonfuls onto wax paper or aluminum foil. Cool completely before serving or storing.

Makes about 2 dozen cookies.

(recipes from recipes.com, allrecipes.com)

Information From the Internet: Kids in the Kitchen! From Allrecipes.com

Teaching your children how to cook is one of the best gifts you can give them. As we get older and cooking becomes second hand nature it's easy to forget all of the skills that it takes to cook: a cook must be creative, understand math fundamentals, science, nature, have excellent hand-eye coordination and be constantly attentive to reading and writing. These skills are among the most important to teach children when young. Getting children involved in preparing their own meals is also a wonderful opportunity to instill the import of eating nutritious meals. It may eventually become a necessity to teach children how to prepare meals; they may need to help out with family food shopping, preparation and cleanup. Becoming skilled in the kitchen is more than fun -- it is necessary for survival!

Kid-kitchen guidelines:

1. Choose illustrated children's cookbooks that show the foods, measurements and steps along the way. Ask the child what he or she would like to prepare and try to steer them in the healthy direction.
2. Foods and recipes should match the abilities of your child. When dealing with foods a child might prepare alone, prepare them together at least once first.
3. Turn the event into a total experience by shopping for the ingredients together.
4. Supervise children as they work with knives, the stove and other potentially dangerous equipment.
5. Have children help you store the food and leftovers. Use this chance to teach them how to handle food to avoid spoilage and food borne illnesses.
6. If you are just getting started consider using "no cook" recipes that give your child a feel for cooking and the kitchen without the stress of frying or baking.

A few no-bake ideas:

- Make banana pops. Peel a banana, dip it into melted chocolate or low fat yogurt, roll in crushed nuts and freeze on cookie sheets.
- Use interesting cookie cutters to cut shapes from whole grain bread. Spread the shapes with peanut butter or add turkey or cheese to make sandwiches.
- Make fun kebabs. Skewer pieces of fruit or vegetables onto thin pretzels sticks.
- Preparing food with kids offers an ideal opportunity to help them explore a wide variety of foods at the same time they learn how to handle and prepare foods in a healthy way. Pull up that kitchen counter seat and start cookin'!

<<http://allrecipes.com/advice/coll/all/articles/123P1.asp>; accessed 7/20/04>.

CHILDREN'S COOKING BIBLIOGRAPHY

NONFICTION:

Blain, Diane. *The Boxcar Children cookbook*. Morton Grove, Ill. : A. Whitman & Co., 1991.

Brown, Karen. *Kids are cookin' : all-time-favorite recipes that kids love to cook!* Minnetonka, MN: Meadowbrook Press, 1997.

Buck-Murray, Marilyn. *The mash and smash cookbook : fun and yummy recipes every kid can make!* New York: Wiley, 1998.

Colen, Kimberly. *Peas and honey : recipes for kids (with a pinch of poetry)*. Honesdale, PA: Wordsong, Boyds Mills Press, 1995.

D'Amico, Joan and Karen Eich Drummond. *The science chef travels around the world : fun food experiments and recipes for kids*. New York: John Wiley, 1996.

Florian, Douglas. *A chef*. New York : Greenwillow Books, 1992.

Jacobson, Michael and Laura Hill. *Kitchen fun for kids : healthy recipes and nutrition facts for 7 to 12 year-old cooks*. New York : H. Holt, 1991.

Jones, Bridget. *Kids' cookbook*. New York: Gallery Books, 1990.

- Mayer, Marianna. *The Mother Goose cookbook : rhymes and recipes for the very young*. New York: Morrow Junior Books, 1998.
- Miller, Justin. *Cooking with Justin: recipes for kids (and parents) by the world's youngest chef*. Kansas City, Mo.: Andrews and McMeel, 1997.
- Morris, Ting and Neil. *No-cook cooking*. New York : F. Watts, 1994.
- Nissenberg, Sandra and Heather Nissenberg. *I made it myself! : mud cups, pizza puffs, and over 100 other fun and healthy recipes for kids to make*. Minneapolis: Chronimed Publishing, 1998.
- Pulley, Micah and Sarah Bracken. *Kids in the kitchen : 100 delicious, fun & healthy recipes to cook & bake*. New York : Sterling Pub. Co. 1994.
- Raab, Evelyn. *Clueless in the kitchen : a cookbook for teens*. Buffalo, NY: Firefly Books, 1998.
- Staino, Patricia A. *Cooking with your kids*. Greensboro, NC: Education Center, 1997.
- Watson, N. Cameron. *The little pigs' first cookbook*. Boston: Little, Brown and Company, 1987.
- Wilkes, Angela. *Children's quick & easy cookbook*. London/New York: DK Pub., 1997.
- Wilkes, Angela. *The children's step by step cookbook*. London/New York: DK Pub, 1994.

There are a number of fiction books if you are going to tie the program in with a storytime or simply connect to the books: *Stone Soup* by Marcia Brown, *Oliver's Milk Shake* by Vivian French and *Sassy Gracie* by James Sage are just a few titles I'd recommend. Your local public librarian can likely offer many suggestions.

Children Learn the Importance of a Good Breakfast

"Charles Mattocks Jr., CEC, president of ACF Pee Dee Chapter, took Cooking is for Kids to students at Carolina Academy in Florence, S.C., in October. Chef Mattocks taught a lesson on the importance of breakfast, in which the children learned about basic nutrition, how to make smart food choices, and how to choose healthful foods. Posters, food, and playtime were included to make eating healthy a fun activity, and the children made "Pink Pussy Cats" out of yogurt, strawberries, raisins, grapes, nuts, and honey. One student, when asked about eating healthy food, said, "I love it, I love it, I love it!" a sentiment shared by his classmates." <<http://www.acfchefs.org/ccf/ccfkcook.html>; accessed 7/20/04.