

## Snack Attack

Snacks aren't all bad. In fact, they should be an important part of your diet. It's just that some of our favorite snacks have given snacks a bad name. Most brands of potato chips have large amounts of fat and salt. Those chocolate chip cookies that we all love are loaded with fat and sugar.

You don't have to cut out the goodies all together, but you should make sure you don't eat more of those foods than anything else. Try sampling a variety of snacks instead of just reaching for cookies, chips and soda every day.



Unbuttered popcorn is a delicious snack that is also nutritious. Nuts and sunflowers seeds contain some fat, but they are also loaded with many of the nutrients your body needs.

Fresh fruit is a wholesome way to satisfy your sweet tooth. Carrot sticks, celery and apples provide a crunchy snack.



Chips, candy, cookies, and soft drinks are snacks that should be saved for special occasions, maybe once or twice a week.



### Zucchini Muffin Recipe

#### Ingredients

- $1\frac{1}{2}$  c. shredded zucchini (about 2 small)
- 2 c. whole-grain pancake or biscuit mix
- 1 tsp. cinnamon
- 1 teaspoon allspice
- 2 eggs
- $\frac{3}{4}$  c. brown sugar
- $\frac{1}{4}$  c. unsweetened applesauce
- 2 tsp. fresh lemon juice
- powdered sugar

#### Kitchen Supplies

- Oven (use with an adult present)
- Bowls- large and medium
- Grater
- Measuring cups
- Measuring spoons
- Muffin tin
- Cupcake paper liners



#### Directions:

1. Wash zucchini and remove ends.
2. Shred zucchini using largest holes on grater.
3. Wrap grated zucchini in a couple of paper towels and squeeze to remove water.
4. Measure  $1\frac{1}{2}$  cups of squeezed-dry zucchini.
5. Preheat oven to 375° Fahrenheit.
6. Line a 12-cup muffin tin with paper liners.
7. In a large bowl, mix whole-grain pancake mix (or biscuit mix) with spices.
8. In a separate bowl, whisk together eggs, brown sugar, applesauce, and lemon juice.
9. Fold the egg-sugar mixture and shredded zucchini into the pancake-spice mixture; do not over mix.
10. Fill each muffin cup  $\frac{2}{3}$  full with batter.
11. Bake 10-15 minutes or until golden.
12. Remove muffins from tin and cool on wire rack.



# Career Corner

**Quality Assurance Specialist** - Quality Assurance Specialists enforce a wide range of laws, regulations, policies, or procedures. They ensure standards for the production of manufactured and packaged products are met. Production data and customer/consumer feedback are used to improve product quality and customer satisfaction.

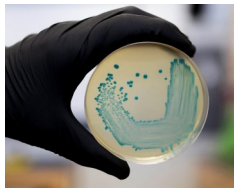
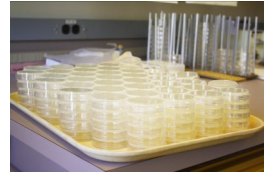
**How QA's Benefit Agriculture:**

- Ensure ag products are safe to eat
- Promote agricultural products

**QA Specialists Study:**

- Chemistry
- Biology

SCAN ME



## Farm Facts

- Farmers use *GPS* systems to help the operations on their farm.
- Pears ripen best off the trees.
- Pumpkins are a type of squash.
- Pennsylvania is the 4th largest producer of apples in the country.
- Pennsylvania produces 400-500 million pounds of apples every year.



## Test Your Knowledge

Chocolate chip cookies

- are a good choice for an after school snack.
- are loaded with fat and sugar.
- have lots of fat and healthy nutrients.

Unbuttered popcorn

- is a nutritious snack.
- has lots of salt and fat.
- has lots of salt and sugar.

Which of the following is the BEST wholesome snack?

- soft drinks.
- carrot sticks and chocolate chip cookies.
- celery and apples.

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