



Healthy (fall) Celebrations!

Recipe	Website
Apple Jack-O-Lanterns	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/apple-jack-o-lanterns
Terrific trail mix	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/terrific-trail-mix
Wild water	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/wild-water
Fizzy and fruity water	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/fizzy-and-fruity-water
Granola fruit bites	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/granola-fruit-bites
Pumpkin oatmeal energy bites	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/pumpkin-oatmeal-energy-bites
Zucchini pizza bites	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/zucchini-pizza-bites
Strawberry S'mores	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/strawberry-smores

Thank you for attending!

Razan Sahuri- SNAP-Ed Nutrition Educator (rsahuri@umd.edu)