



String Cheese Caterpillars

4 Steps to Food Safety



Clean



Seperate



Cook



Chill

Ingredients:

- 1 piece of string cheese*
- 5 pretzel sticks
- 1 teaspoon dried cranberries or raisins

Directions:

1. Wash hands with soap and water.
2. Break pretzel sticks in half and stick in cheese to make legs and antennae.
3. Add dried cranberries or raisins to "legs" to make feet. Enjoy! Makes 1 serving.

Nutrition Information for 1 serving: Calories 110, Total Fat 7g, Saturated Fat 5g, Cholesterol 30mg, Sodium 320mg, Total Carbohydrates 4g, Fiber 0g, Total Sugars 2g, includes 2g Added Sugars, Protein 7g, Vitamin D 0%, Calcium 10%, Iron 0%, Potassium 0%

*Use caution when serving string cheese to children especially those under 4 years of age because they the greatest risk of choking. Prevent choking by cutting food in small pieces--no larger than one-half inch (1/2"). Additional tips to prevent choking:

- Have your child eat at the table. Do not let your child run, walk, play, or lie down with food in their mouth.
- Keep a watchful eye on your child while he or she eats.
- Encourage children to eat slowly and to chew completely before swallowing.

**For more healthy tips and recipes, go to:
Food.unl.edu**

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