



Pearre's Pals

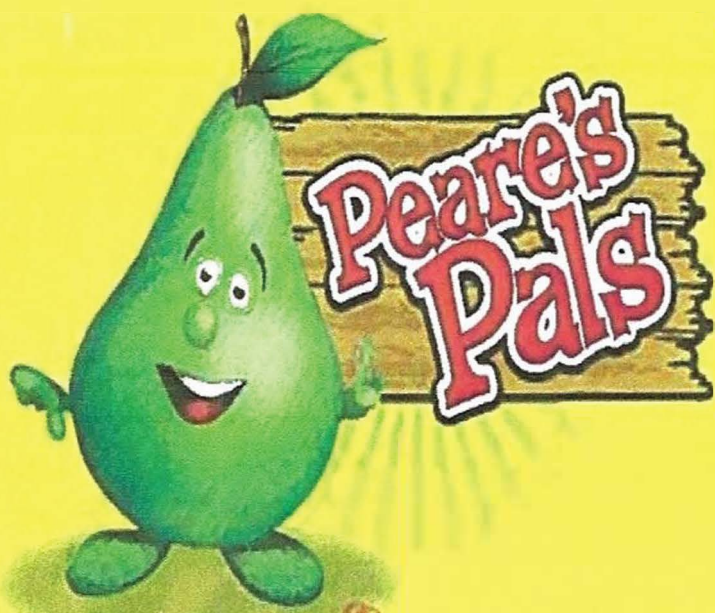
Kids Club Activity Book

Pearre's Pals



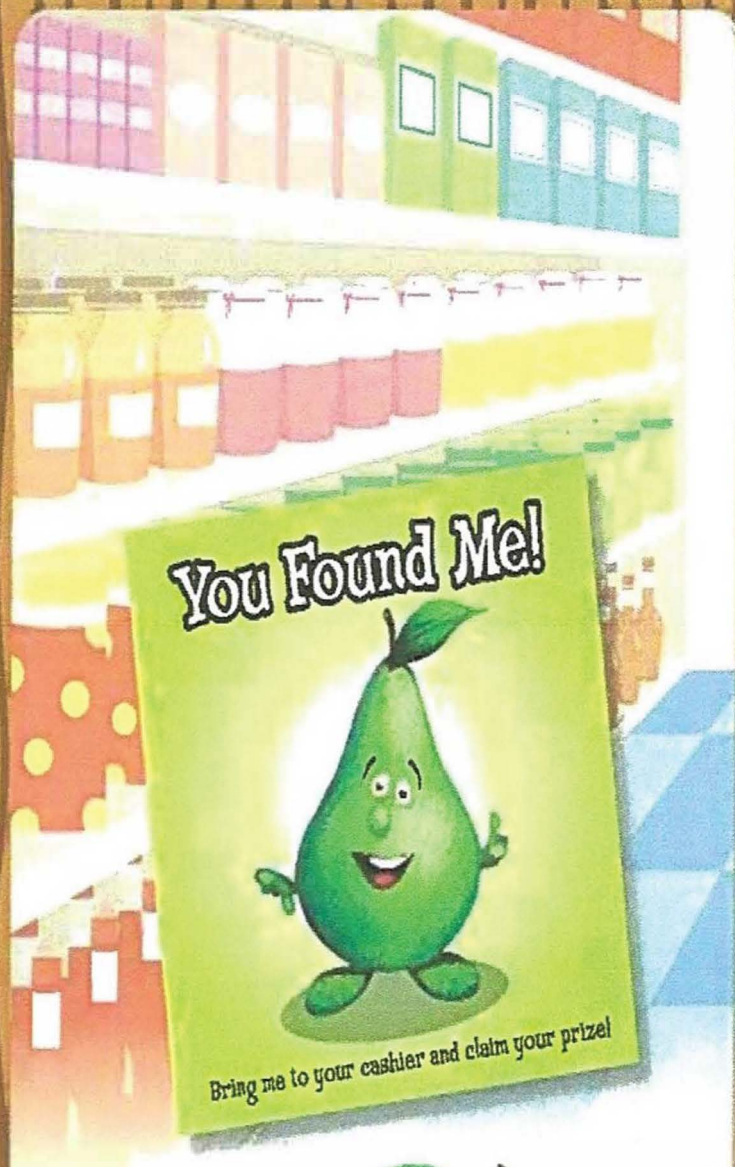
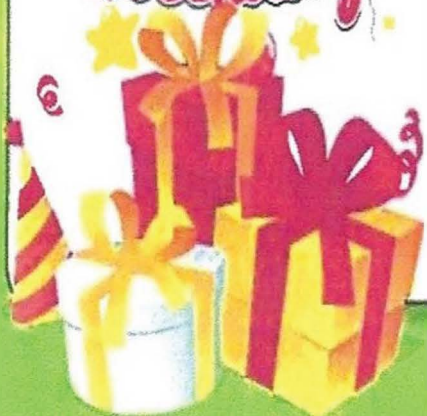
Hi kids! My name is Peare!
Welcome and thanks for joining Peare's Pals Kids Club. I'm excited you've joined! I want you to grow healthy and strong and would like to encourage you to eat healthy!

Peare's Pals Kids Club Mission:
Having fun while educating kids and families about healthy eating and good nutrition!

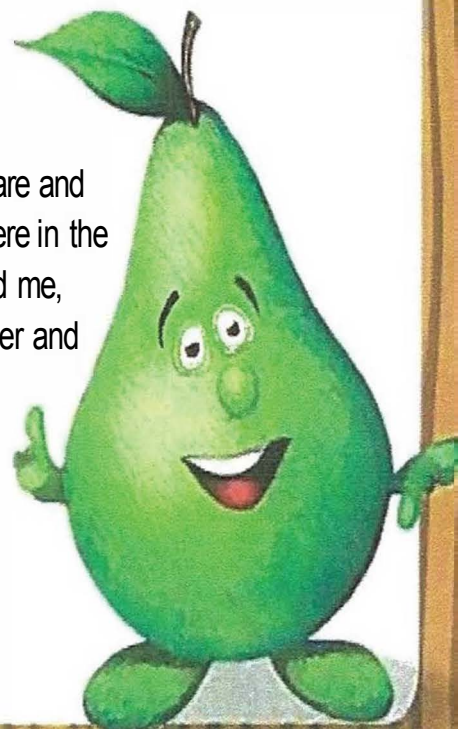


Happy Birthday!

Look for special events and activities throughout the year. Plus, each year on your birthday receive a special acknowledgment from Peare and his friends! Join the fun!



I'm Peek-A-Boo Peare and I'm hiding somewhere in the store. When you find me, take me to the cashier and claim your prize!



FUN WITH YOUR FOOD!

Recipe ideas that are just as much fun to eat as they are to make! Be sure to use as many healthy and nutritious ingredients as you can! Have an adult help you when using the knife to trim and cut.

Mini pizzas

Ingredients:

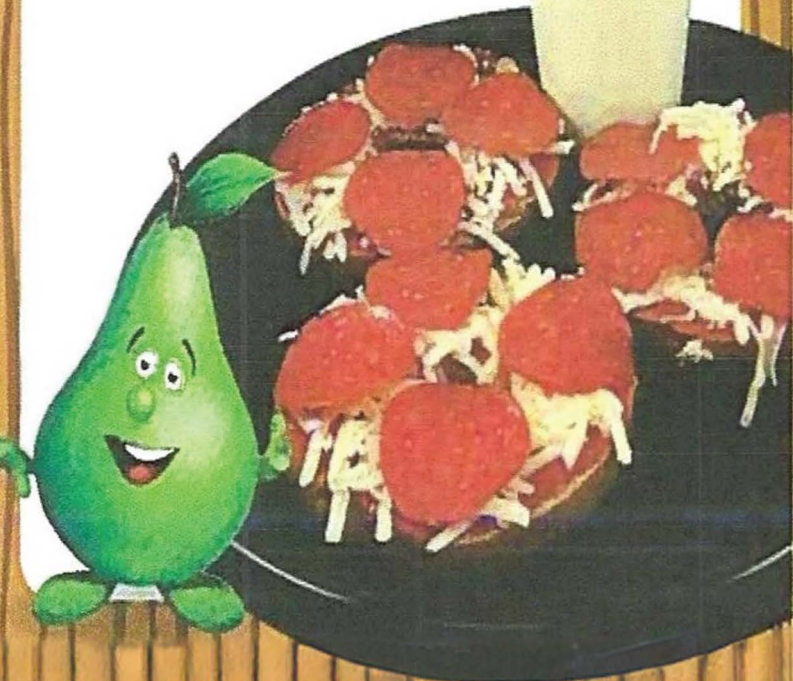
- 1 standard-sized bagel, cut in half
- tomato sauce
- shredded mozzarella cheese
- toppings like diced green pepper, chopped onion, or chopped tomato (whatever you like)
- seasonings like oregano, basil, and pepper

Tools:

- oven (you'll need help from your adult assistant)
- knife (you'll need help from your adult assistant)
- baking sheet

Directions:

- Preheat the oven to 325°F.
- Spread tomato sauce on each bagel half.
- Sprinkle the shredded cheese all over, the tomato sauce on each half.
- Add your favorite toppings.
- Put a light sprinkling of seasonings on each half.
- Put your bagel halves on the baking sheet.
- Bake in the oven on low heat for about 5 to 8 minutes.
- You'll know they're done when the cheese is bubbly.
- Let cool for a minute, then enjoy your tiny pizzas!



Zoo Animal Sandwiches

Ingredients:

- 1 slice brown bread
- Bananas, raisins, blueberries
- Creamy peanut butter or Nutella

Directions:

1. Trim the crust off the bread and shape the bread into bunny ears or a rounded bear face, or cut a sunburst to suggest a lion's mane.
2. Spread the face with peanut butter almost to the edges of the bread. If you're using Nutella, you can use this darker spread for contrast, such as the insides of the bunny ears.
3. Make a face with banana slices as you like. You can use raisins for pupils or snouts. Blueberries also make good eyes. If you let the kids use a butter knife or a fruit knife, they can aim the shapes as they please.

PEARE'S WORD SEARCH

How many healthy foods listed below
in the word search?

K C I B L U E B E R R y
 W A T E R M E L O N C C
 O R L L N p L E p R U C
 L R A L W S p I N A C H
 E O T p U D D I U G U I
 K T 8 E A N S p L E M C
 K S B p C H E E S E B K
 D A S p N O R A N G E E
 W L L E G U M E S M R N
 U I B R O C C O L I I C
 y O G U R T A p p L E C
 B N D R U p E H S K U T

Cucumber

Spinach

Apple

Blueberry

Salmon

Yogurt

Carrots

Bell Pepper

Kiwi

Chicken

Legumes

Cheese

Broccoli

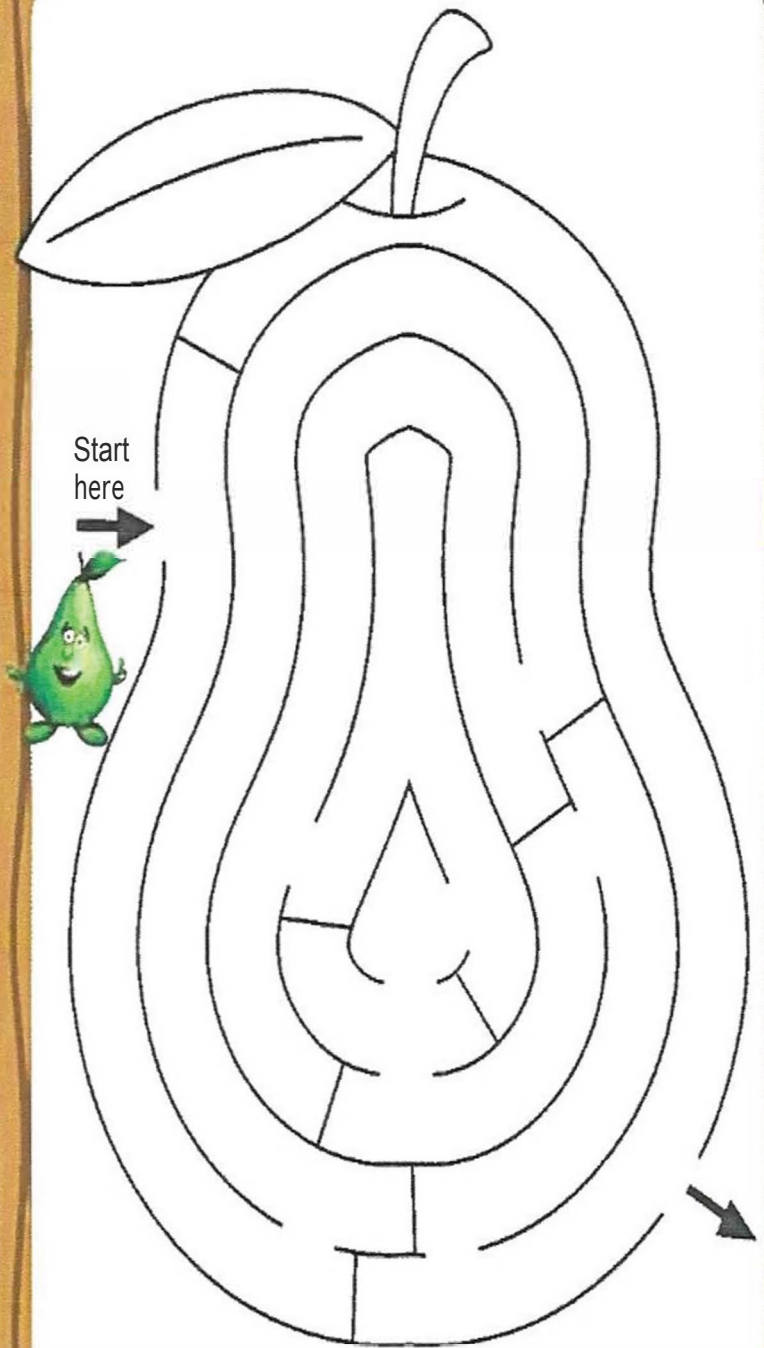
Watermelon

Orange

Beans

Milk

Pudding



A-MAZE-ING PEARE

Help Peare find his way to the end of the maze!



SUPE FOODS A to Z

Alphabetize these yummy fruits, vegetable, nuts, herbs and spices

Almonds

B_____

- Almonds
- Orange
- Papaya
- Blueberry
- Spinach
- Zucchini
- Eggplant
- Mushroom
- Cherries
- Lentils
- Grapes
- Kale
- Raisin
- Horseradish
- Watermelon
- Yams
- Dates
- Nectarine
- Quinoa
- Tomato
- Fennel
- Idaho Potato
- Jicama
- Ugli Fruit
- Vanilla Bean
- Ximenia

Help Peare top the stack of pancakes with delicious and nutritious foods!

Peare's favorite breakfast is whole grain PANCAKES!
Draw and color to top this stack of pancakes with healthy choices. To get you started, Peare has listed his favorite toppings below.



- | | | |
|---------------------|-------------------|--------------|
| sliced bananas | whole blueberries | sliced Ches |
| chopped walnuts | sliced mangoes | turkey bacon |
| natural maple syrup | sliced pineapples | raw honey |
| sliced strawberries | sliced pecans | raspberries |

Free Kind Bar



#2225

Free Jovy Fruit Roll-up



#2223

Free Apple



#2224

Upcoming Events

- September come meet Mrs. Peare
- Starting October 1st thru October 31st Halloween Coloring Contest
- Veterans Day give flags to those and their families who have served in the armed forces.
- Starting November 29th thru December 24th Happy Holiday's Coloring Contest