

Make Your Own Kid-Friendly Charcuterie Snack Board

Adapted from an original recipe by Chef Lovely*

Nutritious, delicious snacks can help family members of all ages feel energized after a long day and between mealtimes. This charcuterie-style snack board recipe by Chef Lovely is a fun and beautiful way to get kids involved in planning, preparing, and enjoying healthy snacks. Mix and match and add your family's favorites!

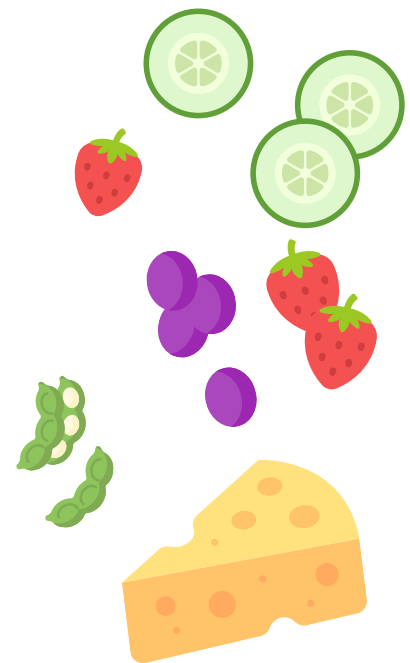
How to Make Your Own Kid-Friendly Charcuterie Snack Board

STEP 1: Plan which snacks you'll have on your charcuterie board to save time during the week. You might have a few items or several. Use this activity sheet for Step 1 or draw your own graph in the shape of your snack dish.

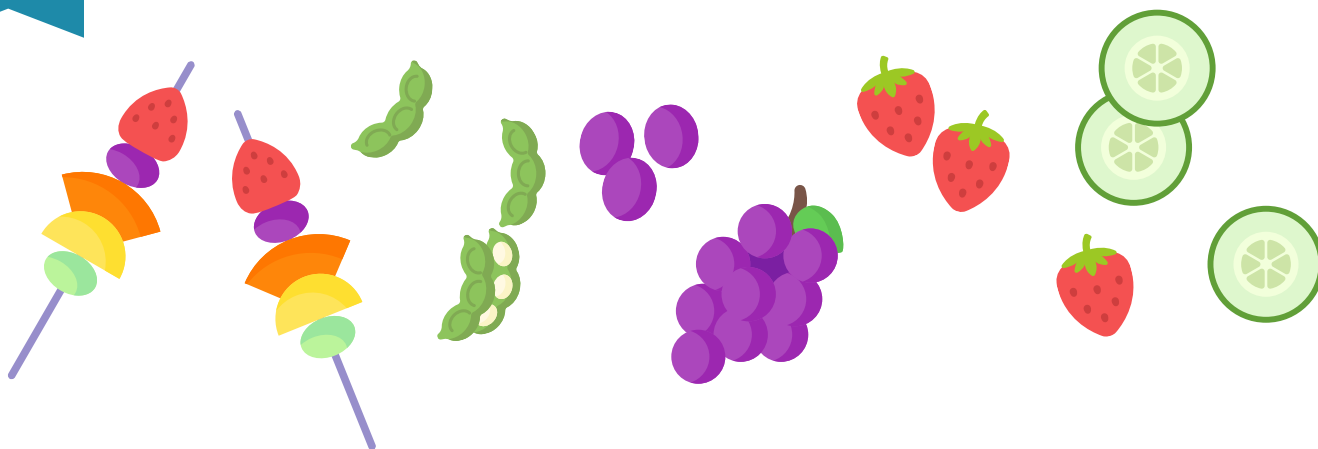
Chef Lovely's suggestions: sliced apples, fresh berries, carrot sticks, popcorn, steamed edamame, mini grape and cheese skewers, chocolate-covered pretzels, cucumber slices, sunflower butter, protein bites, and sliced turkey pinwheels.

STEP 2: Prep your snacks. Tasks might include washing and slicing fresh fruits and veggies, mixing up a dip, or preparing gimbap rolls, chamoy fruit bites, or another small snack that kids can prepare at home.

STEP 3: Plate your snacks! Chef Lovely recommends using a serving dish with several shallow compartments, like a bento box or tray with dividers. You can also use a large plate—pick one that's big enough to show off your snacks.



Use this activity sheet to write and/or draw your favorite snacks as you plan!



Our Charcuterie Snack Board

**Inspired by Chef Lovely's recipe, demonstrated on KLCS-TV 2023*

