



## Creative Kids in the Kitchen

Introducing kids to the kitchen at an early age can be a fun activity for the entire family. To help salute today's future chefs and tout the significance of creativity in the kitchen, the makers of *Jif*® have provided kid-friendly foods and helpful hints for inspiring culinary ingenuity.

### Feed your imagination

Eating balanced meals throughout the day is important for keeping your body and brain fueled. Try antioxidant-rich foods like fruits, vegetables and whole grains to keep your brain stimulated and ready for creative action. Encourage building a healthy memory with foods rich in iron and zinc like peanut butter, cereals, raisins, legumes, beef, nuts, shrimp and yogurt.

### Culinary Creativity

**"Edible Masterpieces"** - When it's raining and the kids are restless, try making nutritious, edible artwork. Use *Jif* peanut butter and a variety of "good for you" ingredients including jelly, oatmeal, raisins, and fruit. Use bread, tortillas, or pitas to create a canvas, then add your favorite toppings to create yummy masterpieces.

**Culinary Genius** - Could your child be the next Julia Child or Emeril Lagasse? If your child demonstrates culinary curiosity, participate in a cooking class together where you can learn a new cuisine, how to make his or her favorite dish or create a menu to share with the rest of the family.

**Creative Classics** - Inspire creativity in the kitchen by creating classics like "ants on a log" by spreading peanut butter on celery sticks and decorating with raisins. Dye eggs by using food coloring to create a rainbow of colors and draw fun designs using crayons. Use fun cookie cutters to create inspiring shapes with pancakes in the morning or sandwiches in the afternoon.

**Creativity Challenge** - Foster creativity and team work by encouraging your kids to participate in culinary contests like *Jif* Most Creative Peanut Butter Sandwich Contest™.

For more recipes or tips on how to introduce your kids to helping in the kitchen and fostering culinary creativity, log on to [www.jif.com](http://www.jif.com).