

DWIGHT COMMON SCHOOL
WELLNESS POLICY
2021



DWIGHT COMMON SCHOOL – WELLNESS POLICY

Dwight Common School District #232, through state and federal requirements, is required to develop and implement a wellness policy as established by the Child Nutrition and WIC Reauthorization Act of 2004, and more recently by the Healthy, Hunger-Free Kids Act of 2010. We are dedicated to providing an educational atmosphere that promotes attendance, nutritional instruction, wellness, and physical activity. We support and encourage our students to live healthy and active lifestyles both in our school community and at home.

The Dwight Common School Wellness Policy will address and include information in the following five areas:

- goals for nutrition education
- goals for physical activity
- goals and nutrition guidelines for all foods available at school
- goals for other school-based activities designed to promote student wellness, including issues related to attendance
- plans for monitoring and implementation of the policy

Goals for Nutritional Education

- Implement health and nutrition education in PreK through 8th grades.
- ALL instructional staff (PreK-8) are directed to integrate positive health promotion themes into daily lessons when appropriate and are encouraged to model healthy behaviors. Good health habits and physical activity will be emphasized when appropriate.
- Provide families with information to encourage them to teach their children about health and nutrition.
- Encourage and provide opportunities for ongoing training and development in areas of nutritional education for staff when appropriate.

Goals for Physical Activity

- A comprehensive physical activity program will encompass a variety of opportunities for all students to be physically active including the following: physical education, recess, after school physical activity programs, and health education that focuses on the benefits of physical activity.
- It is recommended that teachers provide brief activity breaks in the classroom throughout the school day to enhance focus and attention when appropriate.
- Denial of recess or physical education/physical activity should be avoided if possible as a discipline strategy unless the child/student's behavior constitutes health or safety concerns.

Goals and Nutrition Guidelines for all Foods Available at School

- Breakfast and/or Lunches – shall meet, at a minimum, the nutritional requirements and regulations for the National School Lunch Program.
- Snacks/Celebrations
 - Healthy snacks (low in fat/low in sugar) are best choices.
 - Please refer to the list included in this wellness plan.
 - Snacks should be prepackaged from a store.
 - No “homemade” items allowed.

Other School-Based Activities Designed to Promote Student Wellness

- Foster the Farm to School garden and continue to work with the cafeteria staff to provide healthy choices from the garden when possible.
- Encourage daily attendance, and implement an attendance protocol through teachers and administrative staff to prevent poor attendance and support parents in the importance of daily attendance and good habits.
- Value the health and well-being of students and staff through activities that support the importance of maintaining a healthy lifestyle.

Plans for Evaluating the Wellness Policy

The Superintendent and/or Principal will periodically present data/reports concerning the implementation of the wellness policy. We welcome written suggestions regarding the Wellness Policy and/or volunteers to work on wellness related activities.

Please email Dr. Richard Jancek, Superintendent at jancekr@dwight.k12.il.us, or Mrs. Julie L. Schultz, Principal at schultzju@dwight.k12.il.us with any ideas to drive improvement of the wellness plan or with your willingness to help through volunteering.

Wellness Policy Food Guidelines

The list below is not exclusive, but is as extensive as possible to help parents know which foods meet the District's nutritional guidelines. The foods on this list are those which may be sold at the school and brought in for classroom parties and classroom snacks. There are no nutritional restrictions to what parents may pack in their child's personal school lunch. If you find a juice or snack that complies with the District's guidelines but is not on this list, please notify administration so that the item may be put on future lists.

- **Calories from total fat** must be at or below 35%. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat.
- **Calories from saturated fat** must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat.
- **Transfats:** Zero allowed.
- **Total sugar** must be at or below 35% by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables or flavored milk as defined above. 1 ounce = 28 grams

List of Acceptable Foods

Juices – 100% Juice with NO sugar or artificial sweeteners added

Apple & Eve 100% Juice – all flavors

Capri Sun 100% Juice Fruit Waves – all flavors

Dole 100% Juice Pineapple

Hansen's Juice Slam 100% Fruit Juice,

Libby's Juicy Juice 100% Juice – all flavors

Martinelli Gold Medal Apple Juice

Minute Maid Juice 100% Apple

Minute Maid Mixed Berry Juice

Minute Maid Orange Juice (boxes)

Mott's 100% Juice Apple

Ocean Spray 100% Juice Premium Cranberry

V8 V-Fusion 100% Juice – all flavors

Veryfine 100% Fruit Juice

Welch's 100% Juice Grape – all flavors

Fruits and vegetables

All fresh fruit

Dried fruit – No added sugar or artificial sweeteners

Frozen fruit – no added sugar or artificial sweeteners

Stretch Island Fruit Leather, all flavors

Applesauces/Fruit Cups

Del Monte fruit cups -- all flavors in Light Syrup

Del Monte fruit cups -- all flavors in Extra Light Syrup

Del Monte Peaches in Peach Gel

Del Monte Pineapple Tidbits in Pear Juice

Dole Fruit Bowls – all flavors in light syrup

Dole Fruit Bowls – all flavors in extra light syrup

Dole Fruit Gel Bowls

Mott's Applesauce – all flavors

Mott's Applesauce No Sugar Added Natural
Mott's Healthy Harvest – all flavors
Mott's Fruitsations Applesauce
Musselman's Applesauce No Sugar Added
Musselman's Applesauce Regular
Musselman's Applesauce Unsweetened Natural
Santa Cruz organic Apple Blackberry Sauce

Cookies

Archway Cookies Oatmeal
Austin Zoo Animal Crackers
Barbara's Snackimals Animal Cookies (vanilla or oatmeal)
Barnum's Animal Crackers
Famous Amos Gingersnaps
Keebler Animal Crackers
Keebler Graham Crackers Cinnamon Crisp (regular and low-fat)
Keebler Graham Crackers Honey (regular and low-fat)
Keebler Graham Crackers Original
Keebler Graham Crackers Sticks Cinnamon Scooby-Doo
Keebler Graham Cracker Sticks Scooby-Doo Honey
Keebler Soft Batch Cookies Oatmeal Raisin
Keebler Sandwich Cookies Vienna Finger Reduced Fat
Nabisco 100 Calorie Pack Peanut Butter Crisps
Nabisco 100 Calorie Pack Thin Crisps Chips Ahoy!
Nabisco Barnums Animal Crackers
Nabisco Honey Maid Grahams
Nabisco Honey Maid Grahams Cracker Sticks – reg. & cinnamon
Nabisco Honey Maid Grahams Low Fat
Nabisco Teddy Grahams Cinnamon
Nabisco Teddy Grahams Chocolate
Nabisco Teddy Grahams Honey
Pepperidge Farm Goldfish Grahams Chocolate 100 Calorie Pouches
Stauffer's Animal Crackers

Chips/Crackers

Austin Snack-size Sandwich Crackers Reduced Fat Variety Pack

Chex Morning Mix, cinnamon or honey nut

Chex Snack Mix – Traditional or Cheddar Cheese

Doritos Baked Tortilla Chips Nacho Cheesier

Doritos Light Tortilla Chips Nacho Cheesier

Frito Lay Munchies Kids Mix

Kashi TLC Original 7 grain crackers

Lay's Baked Potato Crisp – all flavors

Lay's Light Potato Chips Fat Free—all flavors

Nabisco 100 Calorie Pack Crackers Wheat Thins Mini

Nabisco Ritz Crackers Dinosaurs

Nabisco Ritz Crackers Reduced Fat

Nabisco Triscuit Wafers

Nabisco Triscuit Wafers Low Sodium

Nabisco Triscuit Wafers Reduced Fat

Nabisco Wheat Thins Chips Multigrain

Nabisco Wheat Thins Reduced Fat

Pepperidge Farm Goldfish Pretzels

Pepperidge Farm Goldfish Crackers Colors

Pepperidge Farm Goldfish Crackers Baked with Calcium

Pepperidge Farm Goldfish Crackers Cheddar 100 Calorie Pouches

Pepperidge Farm Goldfish Snack Crackers Baked

Pringles Potato Chips Fat Free – all flavors

Rold Gold Pretzels Braided Classic

Rold Gold Pretzels Braided Honey Wheat

Rold Gold Pretzels Cheddar Cheese

Rold Gold Pretzels Rods

Rold Gold Pretzels Tiny Twists Classic

Ruffles Baked Potato Crisps Cheddar & Sour Cream

Ruffles Light Potato Chips Cheddar & Sour Cream Fat Free

Ruffles Potato Crisps Baked Original

Snyder's of Hanover Nibblers Sourdough Fat Free
Snyder's of Hanover Pretzel Rods
Snyder's of Hanover Nibblers Sourdough Honey Mustard & Onion
Snyder's of Hanover Pretzels Fat Free Mini
Stacy's Baked Pita Chips
Stacy's Soy Crisps
Stacy's Thin Crisps, white cheddar or sweet BBQ
Sunshine Cheez-It Crackers Reduced Fat
Sunshine Right Bites Cheez-It Crackers 100 Calorie Snacks
Tostitos Light Tortilla Chips Restaurant Style
Tostitos Tortilla Chips Baked Bite Size Original

Corn and Rice Snacks

Genisoy Soy Crisps (all flavors)
Jolly Time Healthy Pop Popcorn With Butter
Orville Redenbacher's Microwave Popcorn Light Butter
Orville Redenbacher's Microwave Popcorn Smart Pop Butter
Pop Secret Microwave Popcorn 94% Fat Free Butter
Quaker Mini Rice Snacks Crispy Cheddar Cheese
Quaker Rice Cakes Fat Free Apple Cinnamon
Quaker Rice Cakes Fat Free Caramel Corn Flavored
Rice Krispies Treats (Kellogg's) – 90 Calorie Bars
Genisoy Soy Crisps (all flavors)
Jolly Time Healthy Pop Popcorn With Butter
Orville Redenbacher's Microwave Popcorn Light Butter
Orville Redenbacher's Microwave Popcorn Smart Pop Butter
Pop Secret Microwave Popcorn 94% Fat Free Butter
Quaker Mini Rice Snacks Crispy Cheddar Cheese
Quaker Rice Cakes Fat Free Apple Cinnamon
Quaker Rice Cakes Fat Free Caramel Corn Flavored

Granola Bars/Breakfast Bars

Barbara's Granola Bars -- Cinnamon Raisin, Oats & Honey, Carob Chip

Barbara's Multigrain Cereal Bar -- Cherry, Strawberry, Blueberry, Raspberry, Triple Berry and Apple Cinnamon

Barbara's Puffins Cereal and Milk Bars -- all flavors

General Mills Milk 'n Cereal Bar (Rice Chex only)

Envirokidz Crispy Rice Bar: Chocolate, Peanut Butter, Rice Berry

Health Valley Cobbler: Apple, Blueberry, Strawberry

Health Valley Solar Bars, Berry, Peanut Butter & Chocolate

Kashi Chewy Granola Bars Honey Almond Flax

Kellogg's All-Bran Bars Brown Sugar Cinnamon

Kellogg's Nutri-Grain Fruit Cereal Bar – all flavors (no icing)

Kellogg's Nutri-Grain Muffin Bars -- Banana only

Kellogg's Nutri-Grain Chewy Granola Bar -- Chocolatey Chip or Mixed Berry only

Kellogg's Raisin Bran Crunch Bars

Kellogg's Special K Bars Chocolate Drizzle Low Carb

Kellogg's Special K Bars Vanilla Crisp Low Carb

Kellogg's Special K Snack Bites Strawberry

Kellogg's Special K Snack Bites Vanilla

Kettle Valley 100% Fruit Bars: Wildberry, Raspberry, Strawberry, Sour Apple, Tropical, Watermelon, Grape

Post Healthy Classics Cereal Raisin Bran Cereal Bars Cinnamon

Post Healthy Classics Cereal Raisin Bran Cereal Bars Cranberry

Post Honey Bunches of Oats Cereal Bars Banana Nut

Post Honey Bunches of Oats Cereal Bars Chocolate Chunk

Post Honey Bunches of Oats Cereal Bars Cranberry Almond

Post Honey Bunches of Oats Cereal Bars Strawberry

Quaker Breakfast bars – strawberry, apple, and berry

Quaker Chewy Granola Bars Baby Ruth

Quaker Chewy Granola Bars Oatmeal Raisin

Quaker Chewy Granola Bars Peanut Butter Chocolate

Quaker Crunchy Granola Snack Bars Honey, Nuts & Oats

Quaker Crunchy Granola Snack Bars Oats & Berries

Quaker Fruit and Oatmeal Toastable Strawberry (no icing)

Quaker Oatmeal Breakfast Squares

Trader Joe's Strawberry snack/cereal bar

Trader Joe's Fig snack/cereal bar

Trader Joe's Apple snack/cereal bar

Jello/Pudding

Hunt's Juicy Gels – all flavors

Hunt's Snack Pack Pudding -- all flavors EXCEPT Butterscotch

Hunt's Snack Pack Pudding Fat Free -- allFlavors

Jell-O Gelatin Cups -- all flavors

Jell-O Gelatin Cups Sugar Free -- all flavors

Jell-O Pudding Cups -- all flavors

Jell-O Pudding Cups Fat Free -- all flavors

Swiss Miss Pudding Cups -- all flavors

Yogurt

Breyers Light Yogurt -- all flavors

Dannon Danimals Drinkable Yogurt Low Fat -- all flavors

Dannon Fruit on the Bottom Yogurt -- all flavors

Dannon Light 'n Fit Yogurt 0% Fat -- all flavors

Dannon Light 'n Fit Yogurt Smoothie -- all flavors

Dannon Sprinkl'ins Yogurt Low Fat Vanilla

Horizon Yogurt Fat Free -- all flavors

Stonyfield Farm Fruit on the Bottom Yogurt Non Fat -- all flavors

Stonyfield Farm Yogurt Low Fat -- all flavors

Stonyfield Farm Organic Smoothie, all flavors

Stonyfield Farm Yogurt, lowfat or nonfat, all flavors

Yoplait Light Yogurt Fat Free -- all flavors

Yoplait Trix Yogurt Strawberry Banana & Raspberry

Yoplait Trix Yogurt Strawberry Kiwi & Cotton Candy

Yoplait Trix Yogurt Triple Cherry & Wild Berry

Frozen/Dairy

Cool Whip Whipped Topping Fat Free

Edy's Frozen Yogurt Fat Free – all flavors

Edy's Ice Cream No Sugar Added Fat Free Vanilla

Fudgsicle Fat Free 1.75 oz

Luigis Italian Ice – all flavors

Minute Maid Juice Bars Sugar Free

Popsicle Ice Pops Dora the Explorer Fruit Flavors Snack

Popsicle Ice Pops Sugar Free Orange, Cherry & Grape

Reddi Wip Whipped Cream Fat Free Aerosol

Skinny Cow Ice Cream Sandwiches Low Fat – all flavors

Skinny Cow Fudge Bars Fat Free

Yoplait Frozen Yogurt & Cereal Bars Low Fat Strawberry

Yoplait Frozen Yogurt & Cereal Bars Vanilla w/Wildberry

Let Someone Else Do The Cooking

Another way to provide a health snack for your child's classroom is to contract Sharon Soto in our cafeteria (584-6226). Sharon can provide healthy alternatives for you to purchase from Arbor Management Food Service.

RECIPES

Listed below are examples of fun and healthy recipes that may be altered to accommodate a classroom of students. If you have a recipe that follows Wellness Policy Guidelines and you would like it to be considered for the Wellness Policy, please email administration.

Whipped Jello Surprise

Ingredients:

3/4 cup boiling water

1 package of gelatin (4 servings)

1/2 cup cold water

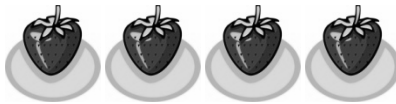
Ice cubes

1/2 cup thawed whipped topping

Directions

Pour boiling water into blender. Add gelatin. Cover and blend at low speed until gelatin is dissolved, about 30 seconds. Combine cold water and ice to make 1 1/4 cups. Add to gelatin and stir until ice is partially melted. Add whipped topping; blend at high speed for 30 seconds. Pour into dessert glasses. Chill about 30 minutes. Dessert layers as it chills.

Serves 14



Berry Pizza

Ingredients

- 1 (16.3 oz.) can refrigerated large buttermilk biscuits
- 2 cups fresh or frozen berries, such as strawberries (sliced), raspberries, blackberries and blueberries
- 3 tablespoons sugar

Preparation

- Heat oven to 375°F. Lightly grease 2 baking sheets, or line each with a sheet of parchment paper.
- Separate dough into 8 biscuits of equal size. Press each biscuit into a 5 1/2-inch round and place 4 on each baking sheet. Arrange berries on top, leaving a 3/4-inch border around fruit.
- Sprinkle sugar on each pizza and bake until dough becomes golden and fruit is bubbly, 15 to 20 minutes.
- Serves 8

Fun Yogurt Pops - Prep time: about 1 to 2 hours

Ingredients: 1 8-oz. container of your favorite flavor of yogurt

Utensils: small paper cups, wooden popsicle sticks, plastic wrap

Directions:

1. Pour yogurt into paper cups. Fill them almost to the top.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop!

Serves: 3 to 4

Serving size: 1 pop

Suggestions: If you like, you can make this recipe using plastic ice-pop molds instead of the paper cups and popsicle sticks.

For a cool-looking snack, fill your cups only halfway with one flavor of yogurt in Step 1. Follow Steps 2, 3, and 4. Remove your pops from the freezer, take off the plastic wrap, and spoon in another flavor of yogurt that's a different color. Put the plastic wrap back on and freeze once more. When your pops are frozen, you'll have two-colored treats!

Lemony Fruit Dip

Ingredients

- 1/4 cup sugar, divided
- 1 large egg
- 2 1/2 tablespoons fresh lemon juice
- 1/4 cup water
- 1 1/2 teaspoons cornstarch
- 1/2 teaspoon vanilla extract
- 1 1/2 cups frozen reduced-calorie whipped topping, thawed

Preparation

- Combine 2 tablespoons sugar, egg, and lemon juice in a small bowl; stir well with a whisk. Combine remaining 2 tablespoons sugar, water, and cornstarch in a small saucepan; bring to a boil. Cook 30 seconds or until thickened, stirring constantly. Remove from heat. Slowly pour beaten egg mixture into water mixture, stirring constantly. Cook over medium heat 2 minutes or until thick, stirring constantly. Remove from heat; stir in vanilla. Cool completely. Fold in whipped topping.
- Serves 14

Perfect Peachy Freeze - Prep time: 1 to 2 hours

Ingredients: 1/2 c. milk, 1 c. sliced peaches (they can be either fresh or canned), 1 tsp. sugar

Utensils: ice cube tray, blender, serving dishes

Directions:

1. Pour the milk into an ice cube tray and freeze until solid.
2. Pop the "milk cubes" out of the tray and put them into the blender. Then put the peaches and sugar into the blender.
3. Put the lid on the blender and blend on high speed until everything is all mixed together and very smooth.
4. Pour your Perfect Peachy Freeze into serving dishes and serve right away.

Serves: 3 **Serving size:** 4 oz. (1/2 cup)



Taco Popcorn - Prep time: 15 minutes

7 1/2 cups air-popped popcorn
butter-flavored cooking spray
1 1/2 tsp. cumin
1 1/2 tsp. garlic powder
1 1/2 tsp. onion powder
1 1/2 tsp. Worcestershire sauce

cayenne pepper (optional)

Utensils: large baking pan, measuring cups, measuring spoons

Directions:

1. Preheat oven to 300 degrees Fahrenheit.
2. Put popcorn in a large mixing bowl.
3. Lightly coat popcorn with cooking spray. Toss and coat again.
4. Combine cumin, garlic powder, onion powder, and cayenne pepper (optional).
5. Sprinkle spices over popcorn and toss to coat evenly.
6. Drizzle Worcestershire sauce over popcorn and toss again.
7. Spread popcorn evenly in large baking pan.
8. Bake for 10 minutes, tossing once.

Serves: 6 **Serving size:** 1 1/2 cups

ARCTIC ORANGES

1 orange per child
1 cup orange juice per orange
1 cherry per orange

Cut the tops off the oranges in a zigzag pattern. Hollow out the insides, remove the seeds and combine in a blender with the juice. Set the rinds in a muffin tin and fill with the mixture. Drop a cherry inside each orange. Freeze for 2 to 3 hours. Soften the treats for 5 minutes, then serve.

BANANA POPS

1/2 Banana per child
Popsicle sticks
Peanut butter, softened
Chopped peanuts or walnuts, granola, sugar free crispy rice cereal or sunflower seeds

Peel the bananas. Cut them in half, widthwise, and push a Popsicle stick through the cut end of each half. Spread peanut butter on the bananas, then roll them in the nuts, cereal or seeds. Wrap them in waxed paper and freeze for 3 hours. Check to see if any child is allergic to nuts or seeds.

BAGGY BUGS

Place a graham cracker in a plastic baggy, seal it shut and crush the crackers into a fine sand using a large spoon.

Add a few raisins to the bag and have the kids dig for bugs in the sand. Experiment with other tasty critters--dried cranberry "ladybugs," carob chip "ants" and fruit snack "worms."

BANANA Scream

3 bananas (the riper the banana, the sweeter the shake), 2 tbsp. nonfat milk

Peel the bananas, cut in half width-wise, wrap in plastic wrap, and freeze until firm. Place in a blender, add milk and puree until creamy. Serves 4.

BANANA POPS 2: Spread 2 tablespoons of creamy peanut butter evenly over 2 medium ripe bananas that have been peeled. Cut bananas into bite-size pieces; roll in wheat germ. Place bananas in single layer in a freezer- safe dish; cover and freeze until firm. After they are frozen, you can place them in freezer bag for more compact storage. Thaw slightly before serving.

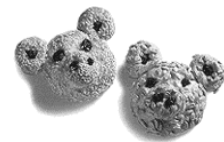
Jungle Juice

1 1/2 cups nonfat milk, 1/2 cup grape juice, 1 banana, sliced

Put milk, juice and banana in a blender and mix until smooth. For more vibrant color, add a few drops of purple food coloring. Serves 2.

FECKLE-FACED BEARS

1 10-oz. pkg. refrigerator biscuits
sesame or sunflower seeds



1/4 cup
36 raisins

Preheat the oven to 400 degrees and spray a cookie sheet with nonstick cooking spray. Roll six raw biscuits into balls, roll in seeds, then flatten slightly on the cookie sheet to form the bears' heads.

Roll small pieces of dough to form ears and noses, and use raisins for eyes. Use leftover dough to create letters, monsters, faces or pigs. Bake 8 to 10 minutes. Makes 6 bears.

FRUIT & YOGURT PARFAITS

Here is a recipe that almost everyone will enjoy. Fruit and Yogurt Parfaits are extremely easy to make and you can create numerous types of parfaits just by choosing different types of fruits. For this recipe you can start with about 8 ounces of yogurt, some chopped up strawberries and some fresh granola. Just mix the yogurt and strawberries together and add the granola to the top. You can easily improvise with this recipe, mixing in any type of fruits you like. In addition to adding granola, you can choose to add sugar free cereal or nuts, This recipe takes only a second to make and will put a smile on all your children's faces.

Sunny Snack Bar

2 cups	Carrots, finely shredded, about 3 medium carrots
1/4 cup	Dried apricots, chopped
1/2 cup	Golden raisins
2 cups	Quick cooking oats
1/2 cup	Walnuts, chopped
1 12 oz	Can apple juice
	Concentrate, thawed
	Pinch of cinnamon

Heat oven to 350* degrees. Combine all dry ingredients and mix well. Add apple juice concentrate and stir until evenly moistened. Place in a greased 9x11 glass baking dish, pressing ingredients firmly into pan. Bake for approximately 40 minutes, or until bars are brown. Allow to cool completely before slicing. makes 18 bars.



APPLESAUCE FREEZER POPS: Pour flavored or regular applesauce into a plastic mold or small paper cup, insert stick and freeze.

FROZEN YOGURT SANDWICHES: Spread softened frozen yogurt between graham crackers to make "sandwiches". Roll edges in wheat germ. Wrap individually in plastic wrap. Freeze until firm.

Spicy Applesauce Dessert

- 1 package (3 oz.) Jell-O Strawberry-Banana Gelatin
- 1 cup boiling water
- 1/4 cup cold water
- 1 cup applesauce, chilled
- 1/2 teaspoon ground cinnamon
- 1 envelope Dream Whip Whipped Topping Mix

Dissolve gelatin in boiling water; add cold water. Measure 1 cup of the gelatin; add applesauce and cinnamon. Spoon into dessert glasses; chill 30 minutes. Chill remaining gelatin until slightly thickened. Prepare whipped topping mix as directed on package. Fold in thickened gelatin, blending well. Spoon over applesauce mixture in glasses. Garnish with apple slice. Makes 4 cups or 6 servings.

Jello Jigglers

Ingredients:

2 large boxes gelatin (flavor of choice)
2 1/2 cups boiling water

Directions: Mix water and gelatin well and pour into 13 x 9 inch pan. Chill in refrigerator for at least 3 hours before cutting into fun shapes with cookie cutters or knife. You can also pour into plastic ice cube molds.

Jello Valentine Hearts

Red Jello (*sugar-free cherry*), shallow rectangular pan (*brownie pan*),
cookie cutter (*smaller works better*), butter knife



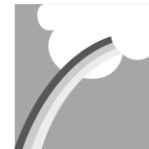
heart-shaped

shallow

1. Make the red Jello according to the instructions and pour it into a rectangular pan to set.

2. Press a small heart-shaped cookie cutter into the Jello.

3. Before lifting the heart-shaped cookie cutter out of the shallow pan, slide the butter knife under the cookie cutter to prevent the Jello Valentine hearts from slipping out when you transfer them to a plate.



1 (3-oz.) Pkg.

Recipe for 12 Layer "Rainbow Ribbon" Jell-O Salad

strawberry Jell-O 1 (3-oz.) Pkg. grape Jell-O
1 (3-oz.) Pkg. orange Jell-O 1 (3-oz.) Pkg. orange-pineapple Jell-O
1 (3-oz.) Pkg. lemon Jell-O 1 (3-oz.) Pkg. lime Jell-O
1 (16-oz.) Carton sour cream Water

1. Empty the red package of Jell-O into a mixing bowl. Add one cup of boiling water and stir.
2. Pour 1/2 cup of the mixture into the bottom of a 9x13 inch glass baking pan or large glass bowl.
3. Let it set for 20 minutes in the refrigerator.
4. Add 1/3 cup of sour cream to the remaining red Jell-O and pour it over the (already set) Jell-O.
5. Again, let it set in the refrigerator for 20 minutes.
6. Go on to the next Jell-O flavor and repeat steps 1-5 until you have gone through all of the Jell-O packages.
7. Let it set in the refrigerator for an additional hour. Enjoy