

## 4th H for Health

October Edition



### Silly Monster Bites:

- 2 Apples
- 2 Strawberries
- 1 jar Sunflower Butter
- 32 Sunflower seeds
- Edible Googly eyes

#### Directions:

1. Cut the middles out of each quarter of the apple to create a mouth. Don't worry about perfection, you are filling this gap with sunflower butter anyway so if you cut too deep, you can always just cover it up and no one will know.
2. Coat the inside of the cut gap with a filling of sunflower butter.
3. Place 4 sunflower seeds on the top of the "mouth" for the teeth.
4. Place 1 sliced strawberry inside the mouth for the tongue.
5. "Glue" each eye above the mouth with a dab of sunflower butter to stick.
6. Serve with a smile.



#### Community well-being Activity:

Join the World Food Day Challenge as a club and collect canned goods for a chance to win a \$25 gift card. Give cans to your club leaders by Wednesday, October 14th.