

Eat Your Heart Out!

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Valentine's Day is right around the corner and offers a wonderful opportunity to include your children in this festive event. Here are a few simple heartfelt snacks that will make your little Valentine feel extra special.

Hearts in the Basket

Why not start Valentine's Day with this hearty breakfast idea? Using a heart-shaped cookie cutter, remove the center of a slice of bread.

Next, add one tablespoon of butter to a hot skillet and toast one side of the bread. Now flip over the toast and add an egg. Cook the egg until the white is set. Even picky eaters won't be able to resist this yummy dish!

PB & J for V-Day

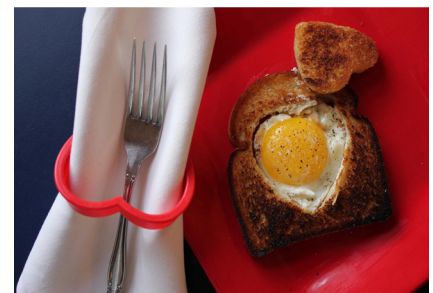
Do you need a Valentine's Day lunch idea? Here's another snack to try with your heart-shaped cookie cutter. Create a peanut butter and jelly sandwich and serve it on a fancy doily. It's quick, simple and unique.

Cupid's Arrow

What kid doesn't like cheese and hot dogs?

Begin by cutting the ends of a hot dog on a diagonal. Insert a piece of uncooked linguini through both pieces to create a "hot dog" heart. Then, cut and attach small bits of cheese to make the ends of an arrow.

Finish it off, by serving on a decorative paper muffin cup for a little extra pizzazz. You can make this ahead of time, so it's a



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perfect after-school snack.

These are just a few simple treats that will make Valentine's Day fun for your kids, without costing a fortune. Visit your nearest Goodwill store to find unique cookie cutters, tableware and other elements to make it a special day.

