Fast and Fun Valentine Treats!

Valentine’s Day is just around the corner. It is a special time to show the people we love how important they are to us. Everyone likes to feel special. Showing love and affection are great ways to boost children’s self-esteem. The ONIE Project Team has been working on some ideas to show the ones you care about how they are special on America’s favorite love holiday, Valentine’s Day.

Snacks of Love!

It is simple, easy, and creative. You and your family can do together. It is as easy as filling a small plastic baggie with healthier treat and attaching a note. The note can have a theme that matches the gift. Popcorn, pretzels, animal crackers, or peanuts are great bag stuffers.

Materials, tools, and ingredients:

- Snack size baggies
- Colored paper or stickers
- Scissors
- Marker
- Tape

Instructions:

1. Fill each baggie with treats and seal.

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2. Cut colored paper into 6” x 6” size strips
3. Fold in half.
4. Write favorite theme with marker
5. Flip paper over and add To: & From:
6. Taping the note to the bag is as easy as 1, 2, 3, 4... that is 4 pieces of tape.

   1. Put a small piece of tape on paper and attach to side of the bag
   2. Repeat on the other side of the paper
   3. Place the side that is not taped against the other side of the bag
   4. Tape the two sides of paper together

ONIE Project Note Themes!

Popcorn themes:
- Popping with Love
- To a POP-ular kid
- My heart pops for you
- I don’t mean to be corny, but will you be my valentine?

Nut themes:
- You hold me together like nuts and bolts
- Nutting will stop me from loving you
- I might be part squirrel… because I’m nuts about you
- I will crunch all the bad guys for you

Animal Crackers themes:
- Wild about you
- You drive me wild
- I like you from A to Zebra, Valentine

Pretzel themes:
- Let’s stick together, Valentine
- Our class (Or My life) would Knot be the same without you
- I like you a bunch

These quick treat bags will be a big hit with your child or at school; they are much more popular than a card, and you will have helped your family and your child’s friends by giving a more nutritious option than candy.
**Affectionate Fruits!**

Welcome back your child from school with a nutritious snack and a lovely note. For this craft, you’ll need the fruit of your choice and the same materials and tools as above, except for the small baggies.

**Instructions:**

Cut colored paper into various sizes and shapes (for example, hearts, rectangles, squares). Write favorite theme with marker. Tape the paper to the fruit.

**Fruit themes:**

- ☑ I like you berry much
- ☑ I go bananas over you
- ☑ You drive me bananas
- ☑ “Orange” you glad you’re my valentine
- ☑ You’re plum perfect
- ☑ You’re the apple of my eye
- ☑ We make the perfect pear
- ☑ I love you no matter how you “slice it”

**Happy Valentine’s Day y’all!**

The ONIE Project Team

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