



Cook and Save

Do you help with the cooking and grocery shopping in your home? Learning now is good because some day when you're grown up, they will be important things to know.

Another good reason to know how to do your own cooking and shopping is because you can save money. Eating out at a restaurant or even fast food can be expensive. A family of four can easily spend \$40 – that's \$10 each. But you can buy food and make dinner for four for a LOT less!

Learning to save money at your credit union is a good thing to know too. You can save for fun things like a new toy or bike. Or save for something big and important like college. Who knows? Maybe you'll study to become a gourmet chef!



Fun with FOOD



You can make your food fun and healthy. Use fruit to decorate your morning cereal or make a funny face. Use carrot or celery sticks, cucumbers or tomatoes, and olives to make cute veggie animals. Make faces on pizza using olives, pepperoni and veggies.



Tell your mom or dad to go to **DoYouRoo** on **Pinterest** for other tasty recipes.

Jokes

What do you call a bear with no teeth?

A: A gummy bear!



What do clouds wear under their shorts?

A: Thunderpants

What does a cat eat for breakfast?

A: Mice Krispies

Kirby cooks dinner



Kirby was bored. It was summer break from school and usually he had lots of things to do but today his friends were gone and his mom wouldn't let him watch TV or play video games all day.

"Why don't you cook dinner for us tonight," his mom asked.

"ME?!" Kirby asked.

"Sure, why not?" his dad said. "I just read an article that said kids your age are old enough to cook. And this summer is a good time to learn."

"Cool!" said Kirby, impressed his parents would let him take on the responsibility.



They got out Kirby's mom's tablet and began to search for ideas. They finally decided tacos would be perfect because they were easy to make and, best of all, they were the family's favorite meal. Kirby also decided to make a salad because salads were easy and healthy, and ice cream would be the perfect dessert.

Kirby was a bit nervous when he started making dinner and hoped he'd get everything right. He got some ground meat, cheese, lettuce, hot salsa, and salad dressing out of the refrigerator and found the taco shells in the pantry. His mom showed him how to turn on the oven and got him a large skillet to cook the meat in.

He dumped the meat in the pan, stirred it, and sprinkled it with taco seasoning mix. Then he found a cheese grater and shredded cheese to top the tacos. Kirby chopped some lettuce and tomatoes for the tacos and then cut some more to put in a big bowl for the salad. He set the table and put the salad, salad dressing, and a bowl of salsa in the middle. His dinner was beginning to look and smell good!

When the meat was cooked, Kirby spooned it into the taco shells, put cheese on top, and put it in the oven to melt the cheese. In a few minutes, he took the tacos out of the oven and put them on plates. He put the lettuce and tomatoes on top and they looked perfect!

"Wow!" said his dad as Kirby laid the plates in front of his parents. "Smells good. Tastes great!"

After they finished their tacos and salad, Kirby scooped some ice cream into bowls, poured chocolate sauce on top, and even found some sprinkles in the cabinet. They finished dessert and then Kirby put the dishes in the dishwasher and his dad helped him clean up.

"I'm totally impressed," said his mom. "Your first meal you cooked yourself was a success."

Kirby felt really proud of himself and from then on, his parents let him cook dinner at least once a week.

I ♥ COOK





newsletter
- SUMMER 2015 -

Have fun while you
learn about money!



Check out Kirby on your credit union website.

Kirby Word Scramble



Unscramble these
cooking related words.

- 1. CHNEITK
- 2. EECRPI
- 3. BLDEAMCRS GESG
- 4. SNOOP
- 5. SSEEDTR

1. KITCHEN 2. RECIPE 3. SCRAMBLED EGGS 4. SPOON 5. DESSERT

Make your own play dough



Get an adult to help make it.

- 1 cup flour
- 2 teaspoons cream of tartar
- 1/2 cup salt
- 2 tablespoons vegetable oil
- 1 cup water
- Food coloring

Directions

- Mix flour, salt and cream of tartar well. Add food coloring to the water and oil, and combine with dry ingredients.
- Stir over medium heat several minutes until it forms a ball. Let cool in a bowl. Knead until smooth.
- Bake your creations in a low oven (200-250 degrees) for about an hour to harden. Store unbaked dough in an airtight container.