



**Choose Right.
Choose Bagel Bites.®**

Bagel Bites® Snacks are so simple—just crispy bagels, tomato sauce and real cheese, with a choice of delicious toppings. Zero grams trans fat per serving. Baked, never pre-fried. Looks like your snack choice just got a little easier.



mybagelbites.com

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a perfect fit Small tools for small hands make the job easier.



Use small plastic bowls—easy to handle, hard to break.
Make kids feel special—buy a set of measuring cups in fun shapes and colors just for them.
Have kids use a serrated knife to cut vegetables. The back-and-forth sawing motion of a serrated knife is more stable than the up-and-down pressing motion of a regular knife.
If your child is too young to use a knife, start with scissors. They work well to cut soft items.

1. Zak! Designs Colorways 4 piece Mini Bowl Set, \$11.99; zak.com
2. Kuhn Rikon Mouse Measuring Cups, \$14; kuhnrikon.com
3. Head Chefs Icing Spreader, \$10; head-chefs.com
4. Dog Knife, \$10; kuhnrikon.com
5. Duck Snippers, \$18; kuhnrikon.com

cooking with your kids...

- shows them how to work as part of a team
- reinforces logical thinking, following directions and organizational skills
- boosts their confidence (just make sure to praise them when they do something right and overlook the spills)
- encourages creativity—let them know it's OK to improvise