

Snack Hacks – Virtual Youth Week

Mug Mac & Cheese

Supplies:

- Large, Microwave-safe Mug
- ½ cup Macaroni (or favourite pasta)
- 1 cup Water
- Splash of Milk (or milk alternative)
- 2 Handfuls of Cheese
- Pinch of Salt and Pepper
- Preferred Toppings (e.g. Bread Crumbs, Sriracha, Green Onions, Ketchup, Hot Cheetos, Tomatoes, Cheese...whatever you like!)

Step 1:

Add macaroni and water to mug and put in microwave. Set time for 3 minutes.

IMPORTANT

All microwaves are different. The time or heat setting (e.g. regular or high) may need to be adjusted. Try microwaving the dish for 3 minutes and then carefully test a noodle. If it's soft but not mushy, you're ready to move to the next step.

Step 2:

Strain the pasta (be careful – it's going to be hot!) and return it to the mug.

Step 3:

Add cheese, milk, salt and pepper to mug and mix well. Pop your mug back in the microwave for 15-30 seconds until cheese is well melted. You might need to mix it again once it comes out of the microwave.

Step 4:

Top with your preferred toppings (be creative!) and enjoy!



Want to see this tutorial in action?

Check out a recording of our live tutorial on the Town of Aurora's Instagram for teens (@AuroraTeens).

Snack Hacks – Virtual Youth Week

Instant Snack Bowl

Supplies:

- Bag of Favourite Snacks

Step 1:

Grab a bag of your favourite snacks! We found that small chip bags work best for this hack. Open the bag.

SIDE NOTE:

Does anyone else feel like they're putting less and less chips in these bags?

Step 2:

Gently tuck bottom corners of bag under the bottom and roll the bag up inside itself. You should be using the rolled portion to tuck up the snack and push them to the top of the bag.

Step 3:

Set your instant snack bowl on the table and enjoy!



Want to see this tutorial in action?

Check out a recording of our live tutorial on the Town of Aurora's Instagram for teens (@AuroraTeens).

Snack Hacks – Virtual Youth Week

Easy Ice Cream Sandwiches

Supplies:

- Pint of Ice Cream or Non-Dairy Alternative
- 2 Cookies
- Saran Wrap
- Knife

Step 1:

Take your ice cream out of the freezer. Lay your cookies bottom side up on a plate.

Step 2:

Carefully, use the knife to cut the ice cream container into half-inch slices. Did we mention to be careful? Once you've cut the number of slices you need, cover the remaining ice cream with saran wrap and return to the freezer.

SAFETY FIRST:

If you haven't been trained how to use a knife safely, please ask a household member to help with this step.

Step 3:

Place one of your ice cream slices on top of a cookie and cover with the second cookie, bottom side down. Holding the top cookie gently, peel the carton off the edges of the ice cream.

Step 4:

Enjoy!



Want to see this tutorial in action?

Check out a recording of our live tutorial on the Town of Aurora's Instagram for teens (@AuroraTeens).