



Jackson County Department of Public Health

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HEALTHY SNACK MASTER EVENT FUN FOR ALL

The School Health Advisory Council hosted the Annual Healthy Snack Master Competition at Smokey Mountain Elementary School on the evening of March 24th. For the event, participants brought the ingredients for a pre-approved healthy snack that they prepared on-site for judges to taste and rank. Awards were given for Individual and Group winners, Group Runner Up, and superlatives for Most Refreshing Bite, Most Creative Name, Best Bite and People's Choice. There were 48 Jackson County Public School students who participated, ranging in grade level from Kindergarten through 8th grade. With such a large number of students participating this year, superlatives were doubled up so that more could win top prizes. Individual and Group Winners, superlatives, and each participant walked away with something new to use during their future kitchen endeavors. Competition judges were Superintendent Dr. Dana Ayers, Deputy Superintendent Jake Buchanan, School Board Members Ali Laird-Large and Elizabeth Cooper, and Smokey Mountain Elementary Cafeteria Manager Melissa Millsaps.

The Individual Winner was second grader Paisley Nations with Paisley's Power Bites. The recipe calls for 1 cup of creamy peanut butter, ¼ cup or 2 scoops of chocolate protein powder, 1/3 cup honey, and ¼ cup milk chocolate chips. To make, stir the peanut butter, honey and protein powder well until mixed. Roll into 1 inch balls then press 5-6 chocolate chips into the top of each ball. Store in the fridge in a container with lid. This recipe makes 15 balls.

The Group Winner was comprised of fifth graders Carson Miller & Eli Gribble with Peach Mango Smoothie. The recipe calls for 2 cups sliced peaches, 2 cups mango slices, 1 cup Greek yogurt, whipped cream, and milk (if needed). Mix all together and use a blender to blend. Whipped cream can be added on top.

The additional winners and superlatives are as follows:

- Group Runner Up – Brayden & Isaiah Cope with The Cope Brother's Awesome Pizza
- Most Refreshing Bite – Thomas Walawender with Super Fruity Berry Blast Smoothie
- Most Refreshing Bite – Clayton Douglas with Hummus Tacos
- Most Creative Name – Jessa & Ava Efrid, Alaya Cruz, Isabela Chapa, Shriya Gupta with Osta Li He Liqa, meaning "We Are Grateful"
- Most Creative Name – Imogene Black with Oatmeal Penguins
- Best Bite – Estrella & Atai Ramirez with the Dragon Bowl
- Best Bite – Nevaeh Tollie with Buff Ham Sammich



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- People's Choice – Branson Green with Make You Go Ba Nay Nays
- People's Choice – Zoey Hensley with Peanut Butter Balls



*Pictured: Healthy Snack Master contest participants

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