To Our AAALAC Community,

(Please share with your animal care staff.)

Our thoughts are with you during these unprecedented and disquieting times. We truly appreciate your unwavering dedication and commitment to the animals and all aspects of your animal care and use programs. We hope you are staying safe during COVID-19. Protect your health and that of your families and loved ones.

Enjoy these word games and recipes; may they brighten your days.

Together we are strong,
AAALAC International

Thank You Animal Care Staff #1

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F S V T E R R E F J Z E R A C
F V Q N C A T T L E M U R N Y
A R I U B A V K B O G D O E D
T W E B I N M R N P V O R B I
S S I M H R A D R I B P D W L
L T H M E F R I A A M O I U E
O V J E I Z M E B A T L Z G M
E T D S E A O L L I D A M R A
Y A H V T P S R J L H H E V C
E O L E O A E N I U G P L L A
K G E S R T T F M L T E M L P
N E S I S N E K C I H C P A L
O U C M P N O M L A S I I M A
M M A C A Q U E S U E M G A Y
P H C N I F U O Y Q K N A H T

ALPACA          MACAQUES
AMPHIBIAN       MARMOSET
ARMADILLO       MICE
BABOON          MINK
BAT             MONKEY
BIRD            OPOSSUM
CAMELID         OTHER
CAT             PRIMATE
CATTLE          QUAIL
CEPHALOPOD      RABBIT
CHICKEN         RAT
DEER            REPTILE
DOG             SALMON
FERRET          SHEEP
FINCH           SQUIRREL
GOAT            SWINE
GUINEA PIG      VOLE
HAMSTER         WILDLIFE
LAMPREY         ZEBRAFISH
LEMUR           THANK YOU CARE STAFF
LLAMA

Thank You Animal Care Staff!
Spicy Pistachios

*Ingredients:*
- 4 cups (600 grams) whole pistachio nuts (salted or unsalted)
- 4 tablespoons (60 ml) butter
- 1 teaspoons (5 ml) Worcestershire sauce
- 1 teaspoons (5 ml) salt
- 1 teaspoons (5 ml) garlic powder (fresh or dried garlic adds better flavor)
- A few dashes of tabasco sauce (more if you’d like)

*Instructions:*
Melt butter add the other ingredients and mix together. Pour over pistachios. Stir to make sure all are covered.
Pour onto a baking sheet with sides. Cook at 275°F (140°C) for 20 minutes.
Let them cool and enjoy!

Blender Lemonade

*Ingredients:*
- 1 large whole lemon
- 2 cups (500 ml) of very cold water
- 3 tablespoons (45 ml) sugar (or less if desired)
- 4 large ice cubes

*Instructions:*
Cut lemon into quarters,
Remove the seeds and the thickest part of the pith,
Add to blender with remaining ingredients,
Blend for one minute until frothy,
Pour over ice and enjoy.

Salsa Verde

*Ingredients:*
- 1 pound (450 grams) fresh tomatillos
- ½ small to medium white onion – peeled and cut into big chunks
- 1 large clove garlic
- 2 serranos and 1 jalapeno (halved and seeded)
- A bunch of cilantro, equal to a full cup (250 ml)
- One large avocado
- 1-2 limes
- Salt to taste

*Instructions:*
Peel and rinse the tomatillos. Cut in quarters and put in the blender.
Add onion, garlic and chiles and process until you get a little space in the blender.
Add cilantro and process to incorporate it. Add avocado and process until smooth. Add lime, juice and salt to taste and extra cilantro, avocado and chiles as needed to get the taste and consistency you like. Keeps well in the fridge for a week to ten days.
Spanish Omelet or Tortilla

*Ingredients:*
- 8 eggs
- 3-4 medium potatoes
- 1 onion
- Salt, to taste
- ½ cup (4 ounces) olive oil

*Instructions:*
Dice potatoes into one-inch pieces,
Fry them in a pan with olive oil until crispy,
Drain off the olive oil,
Add diced onions and fry until translucent.
In the meantime, mix eggs and add salt,
Add the fried potatoes/onion to the egg mixture,
Put all together in a non-stick pan with some olive oil.
Once one side is done, turn it over (using a plate) and cook the other side.
Cook until done but still moist.

Puppy Chow Snack

*Ingredients:*
- 1 bag (12 ounce/340 grams) semi-sweet chocolate chips
- 1 cup (2 sticks or 8 ounces) butter
- 1 cup (236 grams) peanut butter
- 1 box (12 ounces/340 grams) Crispix cereal or a similar cereal
- 1 pound (454 grams) confectioners’ sugar

*Instructions:*
Melt chocolate chips, butter & peanut butter over medium heat. Stir to blend.
Pour mixture over Crispix in a large bowl.
Pour confectioners’ sugar into a clean paper grocery bag.
Add the Crispix mixture and shake vigorously until the Crispix mixture breaks apart.

Fudge

*Ingredients:*
- 1 small can (14 ounces/397 grams) sweetened condensed milk
- 1 bag (12 ounce/340 grams) semi-sweet chocolate chips
- 1 (5 ml) teaspoon vanilla

*Instructions:*
Pour the milk and the chocolate chips into a sauce pan. Stir constantly on medium heat until chocolate chips are melted.
Stir in vanilla. Pour into a foil lined 9” by 11” baking pan. Put in the refrigerator to cool.
½ cup (58 grams) nuts or miniature marshmallows may be added prior to pouring into the baking pan.
Once hardened remove from the pan, cut in small squares, and enjoy.

Recipes were provided by the AAALAC International Executive Office staff. Enjoy!
Thai Larb

*Ingredients:*
454 grams (1 pound) minced pork (minced chicken or minced beef will also work well)
½ - 1 tablespoon (7.5-15 ml) of chili flakes
½ tablespoon (7.5 ml) of soy sauce or fish sauce
1-2 limes (or lemon)
3-4 small red shallots (peel and slice the shallots)
A few leaves of long coriander (or any cilantro) and/or 3-5 spring onions (green onions)
About 20 leaves of fresh mint (or fresh basil leaves)
1 tablespoon (15 ml) toasted rice powder

*Instructions:*
Put the minced pork to a small saucepan with a handle. Stir the pork, breaking it into small minced pieces, until it’s fully cooked. Add soy sauce or fish sauce and turn off heat. Add chili flakes and transfer the pork to a bowl. Put sliced shallot on top. Squeeze the lime directly to the shallot. Get a good mix. Taste test. Get it the way you want it. See if it needs more fish sauce for saltiness, lime juice, or chili flakes. Add green onions and/or coriander, mint leaves and/or sweet basil leaves. Add the toasted rice powder if you have it. Mix and transfer to a serving dish.
As a snack, eat with fresh vegetable, i.e. lettuce, cucumber, more basil leave.
As a meal, eat with steam cooked Thai Jasmine rice or Thai sticky rice.

Gazpacho

*Ingredients:*
1/2 kilo (1 pound) mature/ripe tomatoes
1/2 Anaheim green pepper (or bell pepper)
1 clove of garlic
1/2 cucumber
2 teaspoons (10 ml) olive oil
4 spoons of vinegar (wine vinegar)
1 slice of white bread
Salt to taste

*Instructions:*
Peal tomatoes and put them in the glass blender.
Add the cucumber (peeled and chopped), the green pepper, the garlic, and the slice of bread (wet in water). Mix a few seconds, add salt, the vinegar and the olive oil (correct for taste).
Blend together in a blender or food processor until smooth. Let it chill in the refrigerator for one hour.
You can serve it with pieces of a boiled egg, in cups.

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Take-A-Break Recipes

No Bake Chocolate Oatmeal Cookies

*Ingredients:*
- 2 cups (402 grams) sugar
- ¼ cup (25 grams) of cocoa
- ½ cup (125 ml) of milk
- 1 stick (4 ounces) butter
- 1 teaspoon (5 ml) vanilla
- A pinch of salt
- ½ cup (120 grams) of peanut butter
- 3 cups (270 grams) old-fashioned rolled oats

*Instructions:*
Combine sugar, cocoa, milk, butter in saucepan and cook for 1 minute. After mixture comes to a rolling boil, remove from heat and add vanilla and pinch of salt and stir. Add peanut butter and oatmeal. Mix well. Drop by teaspoon onto waxed paper and refrigerate until set.

Cheese Whizzers

*Ingredients:*
- ½ pound (8 ounces) sharp cheddar cheese, grated
- ½ cup (4 ounces) butter or margarine
- 1 tsp (5 ml) Worcestershire sauce
- 1 tsp (5 ml) tabasco sauce
- ½ tsp (2.5 ml) red pepper
- 1 cup (8 ounces) flour (sifted)
- 1 tsp (5 ml) baking powder

*Instructions:*
Combine and completely cream the cheese and margarine. Mix in Worcestershire sauce, Tabasco and pepper. Add flour and baking powder and mix well. Shape into small balls. Space 3 inches apart on a cookie sheet. Criss-cross with a fork dipped in paprika. Flatten very thin. Bake at 350°F (177°C) 10-20 minutes. Turn pan several times. Cook to medium brown, remove, and let stand a minute to cool on a paper towel.

Chili Con Queso

*Ingredients:*
- 1 pound (16 ounces) Velveeta or American cheese, diced
- 1 can (small) jalapeno relish (to taste)
- 1 tablespoon (15 ml) sour cream (optional) or cottage cheese
- Diced green chili, to taste (I use the kind that comes in a small can diced, in water)
- 2 tablespoons (15 ml) milk

*Instructions:*
Combine and melt in double boiler (or microwave). Stir frequently. Serve with Doritos or Fritos.

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Take-A-Break Recipes

Super Simple 4 Ingredient Snack Mix

*Ingredients:*
1 box (12 ounces or 340 grams) Crispix (or similar) cereal
2 sticks (1 cup or 223 grams) salted butter
1.5 cups (192 grams) chopped pecans
1 cup (128 grams) brown sugar

*Instructions:*
Line baking sheet with foil and spray with cooking spray.
Spread cereal and pecans on tray. (Use almonds or peanuts for variation.)
Combine butter and brown sugar in saucepan. Boil for 2 minutes until thick and creamy caramel sauce forms.
Pour over cereal and nuts.
Toss to coat.
Bake at 325°F (163°C) for 16 minutes (stirring halfway through).
Bag in individual bags!

Caramel Corn

*Ingredients:*
2 cups (16 ounces) brown sugar
½ cup (4 ounces) white corn syrup
2 sticks of butter (8 ounces)
1 teaspoon (5 ml) salt

*Instructions:*
Mix in saucepan over medium heat.
Bring to boil for 5 minutes (but under 250°F or 121°C).
Take off stove and add:
1 teaspoon (5 ml) vanilla
½ teaspoon (2.5 ml) baking soda
It will be foamy.
Pour over 6 quarts (5.7 liters) of air popcorn and stir, put on a big cookie sheet (may need two),
Bake at 250°F (121°C) for one hour, stir every 5 minutes.
Cool and enjoy!

Please note: Sharing food during this time of COVID-19 must be done cautiously. Continue to stay safe.

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