2 Nutritious Snack Activities

1. Toast Me Pineapple Orange Juice	Spread peanut butter on toast and make a face with cereal and raisins.
2. Salad in a bag Saltines Water	Cut up salad vegetables. Each child spoons his/her choice of vegetables into a ziplock bag. Pass dressing in a squeeze bottle.
3. Applesauce Vanilla Wafers	Pick ripe apples from a tree (or in a store). Describe them, taste them, peel them and make applesauce.
4. Deviled Eggs Milk	Peel eggs, squish yolk with a little mayo in heavy duty ziplock bag. Cut off corner and squeeze into egg white or onto a cracker.
5. Triangle Sandwich Round Cucumber Slices Grape Juice	Cut bread squares and cheese triangles. Melt cheese on bread. Discuss shapes.
6. Mini Pizza Milk	Make English muffin pizzas with tomato sauce, cheese and vegetables. Heat until cheese melts
7. Slushy Fruit Juice Graham Squares	Freeze juice and pieces of fruit in cups. Stir again when half frozen. Thaw 5-10 minutes before serving.
8. Stone Soup Oyster Crackers	Read the book - make your own soup.
9. Soft Pretzels Cheese Dip Berry Juicy Juice	Make your own pretzel out of frozen bread dough.
10. Egg and Cheese Muffin Water	Spoon chopped egg onto 1/2 English muffin. Top with cheese triangle. Heat until cheese melts.
11. Fruit Smoothie Wheat Crackers	Blend vanilla yogurt and frozen berries.
12. Fresh Fruit Salad Oyster Crackers	With supervision, cut up soft fruits with plastic knife. Put in bowl and mix.
13. Sunflower Biscuits Milk	Flatten refrigerator biscits. Make thumbprints in center and fill with grape jelly. Cut petals and bake.

14. Iron-a-cheese Sandwich Water	Make cheese sandwich, butter outside. Fold aluminum foil around the sandwich and iron on medium until slightly browned (only 1 child at a time with an adult).
15. Fruit on a Stick Yogurt Dip	Explore a whole fresh pineapple: touch, smell, describe, open and taste. Cut pieces and put on stick pretzels and dip in vanilla yogurt.
16. Cabbage PB Roll Up Orange Juice	Spread peanut butter on 1 edge of a cabbage leaf. Roll it up and hold with a toothpick.
17. Baked Potato Milk	Sprinkle your choice of chopped veggies, cottage cheese and shredded cheese on a baked potato.
18. Pyramid Sandwich (meat, bread) Water	Make a pyramid sandwich - your choice of bread, lettuce or tomato, cheese or meat and mayo.
19. Cup Pizza Juicy Juice	Put a refrigerator biscuit into a muffin tin to form a cup - add your choice of sauce, cheese, onion and veggies. YUM!
20. Apples Cheese Cubes Water	Look at, describe, touch, smell and taste green, yellow and red apples. Slice horizontally to find the star.
21. Merry Go Rounds Water	Spread peanut butter on an apple ring. Stand up animal crackers in a circle to make the Merry Go Round.
22. Pear Bunnies Wheat Crackers	Put a pear half upside down on a lettuce leaf. The tail is cottage cheese, ears are half circles of carrot and eyes are raisins.
23. Cowboy Flapjacks Hot Chocolate	Roll a pancake around a mini sausage.
24. Gorp in a Cup Milk	Each child measures their own cereals, raisins and mini crackers into a bowl. Mix
25. Gone Fishing (crackers) Apple Juice	Fish for fish crackers on your plate by dipping a rod pretzel into melted cheese or peanut butter and catching a fish.
26. Valentine Toast Pink Milk	Cut hearts out of toasted bread. To decorate, squeeze on thinned pink cream cheese from ziplock bags.