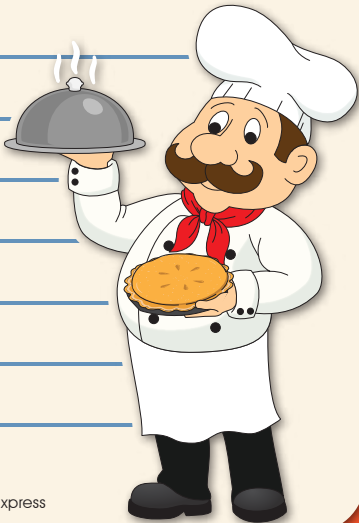


Grocery List

- small, whole wheat buns
- ground ham or tuna
- mayonnaise
- sliced olives
- vegetable oil
- dill
- dry ranch dressing mix
- oyster crackers
- dry food items (see recipe)
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Clamwiches

Ingredients:

- small, whole wheat buns
- chopped or ground ham (or tuna)
- mayonnaise
- sliced olives

Mix chopped ham or tuna with mayonnaise or salad dressing to taste. Slice each bun in half and fill it with the meat mixture, arranging it so one side of the sandwich is propped open to look like a clam. Add small slices of olives on top of the meat and peeking out of the sandwich to look like eyes.

“Sea”soned Snack Mix

Ingredients:

- 1/2 cup vegetable oil
- 1 tsp. dill
- 1 pkg. dry ranch dressing mix
- 2 pkgs. oyster crackers

Invite children to wash their hands and help you mix up a sea-worthy snack! Measure each ingredient and pour it into a bowl. Combine and spread over a baking pan. Bake at 300° for about half an hour.

Cool, and have children take turns mixing in two cups of dry food items. Suggestions include fish-shaped crackers/pretzels, triangular crackers (fins), puffed cheese curls (coral), triangular chips (whale tails), and slivered almonds (shark teeth). Give each child a bowl. Offer a scoop, and invite each child to serve himself. Serve with a glass of milk.