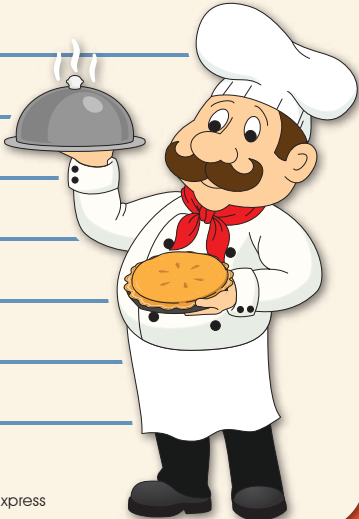


Grocery List

- frozen grape juice
- milk
- frozen vanilla yogurt
- frozen or fresh blueberries
- sliced bread
- cream cheese
- cinnamon and sugar mixture
- tomato sauce
- parsley
- dried oregano
- dried thyme
- onion
- fresh or frozen cheese tortellini
- choice of fresh produce
- _____
- _____
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Purple Shakes

Ingredients:

- 1 (6 oz.) can frozen 100% grape juice
- 1 cup milk
- 2 cups frozen vanilla yogurt
- 1/2 cup frozen or fresh blueberries

Celebrate the color of the month with these delicious frozen drinks! Have children wash their hands. Add all ingredients to the blender. Encourage children to help with pouring, measuring, and adding ingredients. Blend until well-mixed. Pour into cups and serve outdoors with straws, if possible. This recipe makes about six small shakes.

Cinnamon and Sugar Snail Snacks

Ingredients:

- sliced bread (crusts removed)
- cream cheese, softened
- cinnamon/sugar mixture

Give each child a plate and a plastic knife. Offer sliced bread, and invite children to take a piece. Show children how to cut off the crust. Then, demonstrate how to use a rolling pin to flatten the bread. Offer cream cheese to spread across the bread with the plastic knife. Sprinkle the cinnamon/sugar mixture over the cream cheese. Roll the bread into a log. Cut into 1" pieces to represent swirling snail shells, and enjoy with a glass of milk.

Zesty Tortellini

Ingredients:

- 15 oz. tomato sauce
- 2 T. fresh or 1 T. dried parsley
- 1 tsp. dried oregano leaves, crushed
- 1/4 tsp. dried thyme leaves
- 2 T. onion, finely chopped
- salt and pepper to taste
- 1/2 pkg cheese tortellini (fresh or frozen)
- fresh produce (sweet peppers, carrots, zucchini, cucumbers, celery, cherry tomatoes, etc.)

Prepare the Zesty Tomato Sauce by combining the first 6 ingredients listed above in a medium pot. Allow children to help you cut, measure, and pour as much as possible. Heat thoroughly and simmer. Give each child a plastic knife, and have children help you cut the fresh produce (listed above) into small chunks. Cook the tortellini according to package directions and set aside. Place the vegetables and tortellini in a large bowl. Serve with warm Zesty Tomato Sauce. Invite children to dip the veggies and pasta in the sauce and enjoy!