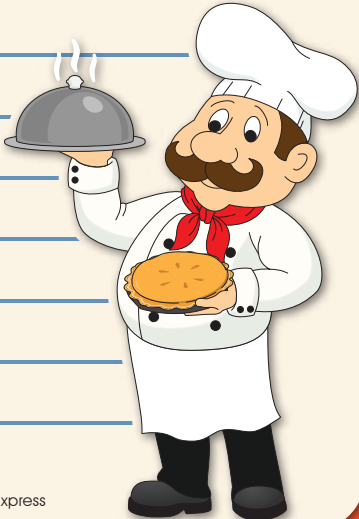


# Grocery List

- fish-shaped crackers
- pretzel sticks
- dry cereal
- berries (fresh or dried)
- granola
- vanilla wafer cookies
- vanilla frosting or cream cheese
- food coloring
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# Nature Crunch

- Ingredients:**  
fish-shaped crackers  
pretzel sticks  
dry cereal  
berries (fresh or dried)  
granola

Have children wash their hands. Talk about why handwashing is important before preparing or eating a snack. Then, invite children to help you gather some delicious items to create Nature Crunch.

Wash the berries, if necessary. Have children help you add each ingredient to a large bowl. Give each child a turn mixing the ingredients with a large spoon. Offer bowls and a scoop and invite children to serve themselves. Enjoy the Nature Crunch together outside!

# Color Swirl Cookies

- Ingredients:**  
vanilla wafer cookies  
vanilla frosting or softened cream cheese  
red, yellow, and blue food coloring

Divide the frosting into three containers. Make each batch of frosting one of the primary colors. Place a plastic spoon into each one.

Invite your child to take two vanilla wafers and to choose two of the colors of frosting. Spread one color on one wafer, and the other color on the second wafer.

Have her gently rub the wafers together. What color was created? Talk about what happened.