Grocery List

| apple slices |
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| _ spread or enoice |
| miniature marshmallows |
| ☐ dried fruit |
| seeds/nuts of choice |
| miniature chocolate chips |
| animal crackers |
| circle-shaped cereal |
| □ pretzels |
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Smiling Apple Snacks

Ingredients:

apple slices yogurt OR cream cheese spread OR nut butter miniature marshmallows

Offer apple slices and miniature marshmallows in bowls. Distribute plates and child-safe knives. Have each child take two apple slices.

Provide yogurt, cream cheese spread, or a type of nut butter to spread on one side of each apple slice. Place a row of miniature marshmallows on the cream of one slice. Top with the other apple slice, creamy side down. Ask, "How many teeth are in your apple smile?" Serve with a glass of milk.



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Tropical Trail Mix

Ingredients:

- 1 cup dried fruit, diced
- 1/2 cup seeds/nuts of your choice
- 1/2 cup miniature chocolate chips
- 1 cup animal crackers
- 1 cup circle-shaped cereal
- 1 cup pretzels

Invite children to wash their hands and help you create this tropical treat! Have children take turns adding all of the ingredients to a large plastic bowl.

(Substitute, add, or omit ingredients as you wish. Adjust amounts for the number of children in your setting.)

Cover with a lid and have children take turns shaking the bowl to mix the ingredients together. Have each child scoop some mix into a cup for himself. Enjoy!

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