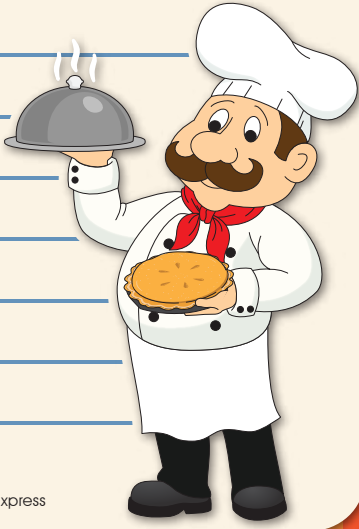


# Grocery List

- 10-inch flour tortillas
- cream cheese
- thinly sliced turkey deli meat
- thinly sliced cheese
- whole wheat pita pockets
- chopped cooked turkey
- ground beef
- shredded cheese
- tomatoes
- sour cream
- sliced olives
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Tortilla Pinwheels

- Ingredients:**  
 10-inch flour tortillas  
 cream cheese (room temperature)  
 thinly sliced turkey deli meat  
 thinly sliced cheese of your choice

Provide child-safe knives, and invite children to spread a thin layer of cream cheese over the tortilla shells. Place a single layer of thinly sliced cheese on top, leaving about 1" of space between the cheese and the edge of the tortilla shell. Place a single layer of thinly sliced turkey deli meat on top of the cheese, again leaving about 1" of space near the edge.

Starting with the side closest to you, demonstrate how to roll the tortilla tightly. Trim off the ends, if desired. Cut the rolled tortilla into about eight slices (or more or less, depending on how thick you would like them). Serve immediately or cover with plastic wrap and refrigerate until ready to serve. If you are not serving right away, secure each pinwheel with a toothpick.

# Cozy Pitats

- Ingredients:**  
 whole wheat pita pockets  
 fillings (chopped cooked turkey, cooked ground beef, shredded cheese, chopped tomatoes, sour cream, sliced olives, cream cheese)

Wrap the pita pockets in aluminum foil and warm them in an oven at 300° for about ten minutes. Set out a variety of fillings. Give each child a plate with a warm pita pocket, and allow children to fill the pitas as they choose.

- Try the following tips to enhance children's cooking skills:
- Let children wrap their own pita pocket in aluminum foil.
  - Invite children to help you prepare the fillings and place them in separate bowls.
  - Invite children to take turns being your helper by passing out plates, setting the table, etc.