Grocery List

fresh or frozen strawberries
banana
low-fat vanilla yogurt
celery sticks
raisins
sunbutter OR nut spread OR
cream cheese
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Strawberry Banana Freeze Pops

Ingredients:

2 cups fresh or frozen strawberries (chopped) 1 cup banana (chopped)

2 cups low-fat vanilla yogurt

Invite children to help you wash and chop the fruits. Combine the strawberries, bananas, and yogurt in a blender. Puree well (adult only).

Fill an ice pop mold or small paper cups with the mixture and cover the mold or cups with foil. Insert craft sticks through the foil and freeze until firm. This recipe makes about 12 freeze pops.

Run warm water on the outside of the mold, or gently tear away the paper cup from each freeze pop, and serve outside.

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Bugs on a Log

Ingredients:

celery sticks raisins Sunbutter OR nut spread OR cream cheese

It's dangerous to be a bug on a log in a pond! Invite children to help you prepare a snack fit for pond pals to gobble right up.

Clean and cut several celery sticks. Give each

child a knife and one or two sticks of celery. Demonstrate how to spread Sunbutter, nut spread, or cream cheese in the hollow sections of the celery sticks. Add several raisin bugs on top of the



spread. Ask each child, "How many bugs are on each of your logs?" Invite children to munch away on the crunchy, buggy snack!

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