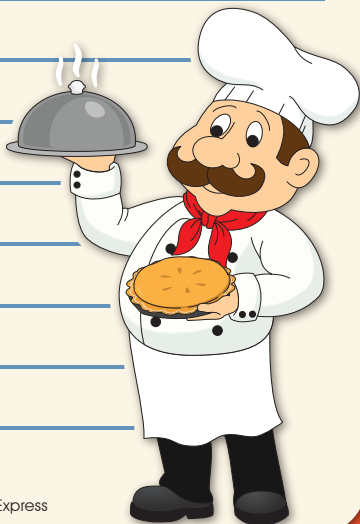


Grocery List

- strawberries OR raspberries
- bananas
- blueberries
- whipped cream OR yogurt
- granola (optional)
- half & half
- 1 package macaroni and cheese
- 1 can/pouch tuna
- frozen peas
- bread crumbs OR corn flakes
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Patriotic Fruit Cups

Ingredients:
 strawberries OR raspberries
 bananas
 blueberries
 whipped cream OR yogurt
 granola (optional)

Provide child-safe knives and invite children to help you wash and slice the fruit as needed.

Give each child a small cup or bowl and a spoon. Invite children to fill the cups with red berries, bananas, blueberries, and whipped cream or yogurt. Top with a little granola, and enjoy the red, white, and blue holiday treats!

Ice Cream in a Bag

Ingredients:
 1 cup half & half
 2 T. sugar
 1/2 tsp. vanilla
 1/3 cup kosher salt OR rock salt
 3 cups ice

Pour the half & half into a small plastic zipper bag. Add the sugar and vanilla and mix. Place the ice in a large plastic zipper bag. Add the salt to the large bag and mix with the ice. Seal the small bag tightly and place it inside the large bag. Begin shaking the bags. Shake vigorously for about 10 minutes or until the cream thickens to the texture of soft ice cream.

Once the ice cream is at the consistency you prefer, remove the small bag from the larger bag and scrape the ice cream into a dish with a spoon.

Tuna Casserole

Ingredients:
 1 package macaroni and cheese
 1 can/pouch tuna, drained
 3/4 cup frozen peas
 bread crumbs OR corn flakes

Cook the macaroni and cheese according to package directions. Add tuna and peas. Place the mixture in a greased 2-quart baking dish, and top with bread crumbs or crushed corn flakes. Bake at 350° for 20-25 minutes. Cool before serving.