# **Grocery List**

oatmeal cookies or bars
variety of breads
hot cereal
rice cakes or cooked rice
cereal and granolas
diced tomatoes
pinto beans
onion flakes
chili powder
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## **Grass Food Tasting**

### Ingredients:

oatmeal cookies or bars corn bread rye bread whole wheat or multigrain breads any hot cereal (oatmeal, farina, etc.) rice cakes or cooked rice cereal and granolas

The grass family provides many of the foods we eat every day, such as grains and cereals. Provide a variety of foods that are made from grasses and visit with children about what type of grass the food item was derived from.

Talk about the ingredients that come from the grass family, such as wheat, oats, sugar, corn, and rice. Explain that seeds and grains are collected from the grasses and used to produce the ingredients. If you have children in your setting with food allergies, explain that their bodies don't break down certain ingredients well. Offer them alternative foods to taste.

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### **Cowboy Beans**

#### Ingredients:

1 can diced tomatoes, undrained 1 can pinto beans, rinsed and drained 2 tsp. dried onion flakes 1/4 tsp. chili powder

Combine the tomatoes and pinto beans in a saucepan. Add the onion flakes and chili powder. Heat over medium-high heat, stirring occasionally. Simmer over low heat for about 15 minutes. Serve in small, foil pie plates with warm biscuits and milk, perhaps beside a pretend "campfire."

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