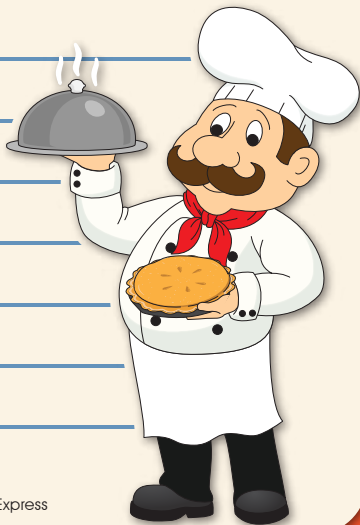


# Grocery List

- frozen 100% grape juice
- milk
- frozen vanilla yogurt
- frozen or fresh blueberries
- sliced bread
- cream cheese
- butter
- cinnamon/sugar mixture
- tomato sauce
- onion
- fresh or dried parsley
- oregano
- dried thyme
- fresh or frozen cheese tortellini
- fresh produce
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## Purple Shakes

### Ingredients:

- 1 (6 oz.) can frozen 100% grape juice
- 1 cup milk
- 2 cups frozen vanilla yogurt
- 1/2 cup frozen or fresh blueberries

Have children wash their hands, and invite them to help you measure and add all of the ingredients to the blender. Blend until smooth. Pour into cups and serve outdoors with straws. This recipe makes about six small shakes.

## Cinnamon and Sugar Snail Snacks

### Ingredients:

- sliced bread (crusts removed)
- cream cheese, softened
- butter
- cinnamon/sugar mixture

Distribute plates and child-safe knives. Offer sliced bread and invite children to take a piece. Demonstrate how to cut off the crust. Then, show children how to use a rolling pin to flatten the bread. Offer cream cheese and butter as choices to spread across the bread with the knife. Sprinkle the cinnamon/sugar mixture over the cream cheese/butter. Roll the bread into a log. Cut the log into half-inch pieces to represent swirling snail shells, and enjoy with a glass of milk.

## Zesty Tortellini

### Ingredients:

- 15 oz. tomato sauce
- 2 T. onion, finely chopped
- 2 T. fresh or 1 T. dried parsley
- 1 tsp. dried oregano
- 1/4 tsp. dried thyme
- salt and pepper to taste
- 1/2 pkg. cheese tortellini (fresh or frozen)
- fresh chopped produce (sweet peppers, carrots, zucchini, cucumbers, cherry tomatoes, etc.)

Prepare the Zesty Tomato Sauce by combining the first 6 ingredients listed above in a medium sauce pan. Allow children to help measure and pour if possible. Heat thoroughly and simmer. Cook the tortellini according to package directions, and set aside. Distribute child-safe knives and have children help you cut the fresh produce (listed above) into small chunks. Place the vegetables and tortellini in a large bowl. Serve with the sauce.