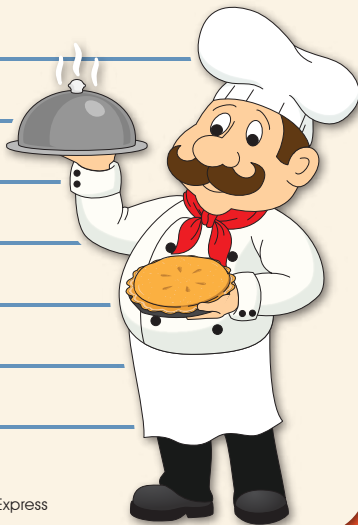


Grocery List

- pumpkin seeds _____
- olive oil _____
- rice cakes _____
- nut butter OR sun butter _____
- raisins _____
- strawberries _____
- carrot sticks _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Roasted Pumpkin Seeds

Ingredients:

- pumpkin seeds
- salt
- olive oil

Pumpkins are abundant at this time of year, so take advantage of the bounty! Invite children to help you gather and clean the seeds from a pumpkin. Rinse the seeds with water and pat them dry with paper towels.

Line a baking sheet with foil. Spread the seeds on the foil in a single layer. Sprinkle lightly with salt and drizzle with olive oil. Roast in a 250°F oven for about an hour, flipping with a spatula occasionally, until the seeds are dry and light brown. Cool and serve. (The shells can be eaten along with the seeds inside.)

Caution: Supervise children closely as they eat. You can purchase shelled pumpkin seeds to roast if you don't want to collect them from a pumpkin yourself.

Rice Cake Faces

Ingredients:

- rice cakes
- nut butter OR sun butter
- raisins
- sliced strawberries
- carrot sticks

Offer each child a small plate with a rice cake, and review the circle shape. Spread some nut butter or sun butter on top. Offer each child a few raisins, strawberry slices, and a thinly sliced carrot stick.

Demonstrate how to arrange the pieces to make a fun face. Help the children notice that the strawberries look like triangles. Invite the children to try the snack. Some children may prefer to eat the items separately.