

Something Yummy for Everyone

Friendship Bracelet

Materials needed:

Hoop-shaped cereals, such as Froot Loops, Cheerios

Heavy string or twine (yarn may be used if the ends are bound tightly with tape to make it easier for young children to use)

Activity:

Give each child two pieces of string, each about 10 inches long. If you have several options, let each child choose the type of edible hoops they want to include, but an adult should pass just enough of each to each child to prevent germ-spreading. Have the children string the hoops onto each string, and then tie the ends to make two bracelets. Explain that they may keep one bracelet for themselves, but they need to give the other bracelet to a friend.

Bear and Goose Faces

Materials needed:

One round base: plain rice cake, English muffin or large cracker.

Some kind of spread, such as peanut butter or cream cheese. You may want to provide several options in case of allergies.

And decorations – Vanilla wafers make great bear ears, and Vienna Fingers make good goose bills.

Pretzels of various sizes and shapes can do for both ears and bills.

Use M&Ms, raisins, jellybeans, licorice bits and whatever else you choose for the eyes of both and the nose and mouth of the bear.

Activity:

Spread your base with the spread of your choice, and then decorate with other foods to make whichever characters you like.

Standards: PS 3.10 Share materials when appropriate. PH 2.3 Demonstrate eye-hand coordination. PH 3.2 Demonstrate good hygiene (make sure everyone washes their hands)

Goose's Bagel Nest

Ingredients:

Bagel or any type other round roll (cut in half)

Cream cheese

Shredded carrots (and/or lettuce)

Cherry tomatoes (and/or olives)

Plate and spreader for cream cheese

Instructions:

Allow child to spread cream cheese on top of bagel or roll

Arrange shredded carrots (and/or lettuce) on top of cream cheese to form a nest

Put cherry tomatoes (and/or olives) in the middle to depict goose eggs

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<http://betterkidcare.psu.edu/101snacksWeb.pdf>