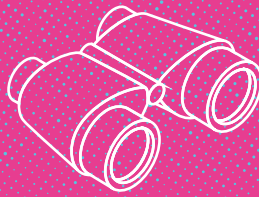




**VBS 2020 | SNACKS**



# SNACKS ROTATION

This rotation is meant to coincide with your Games rotation. Here are few things to think about:

- Provide several large trash cans, large bottles of hand sanitizer, and a package or two of wet wipes each day during the snack rotation.
- While some of these ideas are specific to each day of VBS and some are “labor intensive,” we understand that feeding a large crowd can be difficult. We’ve given suggestions along the way for easier alternatives. Our hope is to give you lots of options so you can find one that works best for your environment!
- The first section of snack ideas is related to the overall “FOCUS” theme and could work for any day of VBS. Below the general snacks, you’ll find options for each day that fall directly in line with that day’s Bottom Line.
- We suggest serving water with all snacks listed below.
- Use the “Allergy Alert” template that we’ve provided to type in the food items you’ll be serving each day. Make sure to post these signs clearly in a place where parents can see them at drop off. You might also consider capturing allergy information for each child at registration and noting that somehow on their nametags or rosters to alert volunteers.

## GENERAL SNACK IDEAS

### 1. EYESIGHT IMPROVERS

#### What You Need:

*Option 1:* Sunflower seeds; nuts; small, easily peel-able oranges (such as Cuties®)

*Option 2:* Bell pepper strips, hummus

*Option 3:* Banana slices, vanilla pudding, chocolate chips, plastic spoons

*Option 4:* Apple slices, cinnamon sugar

*NOTE: Below are a few snack ideas for foods that are good for your eyes. You can offer one or two of these options on the same day, or pick a different one for each day.*

#### What You Do:

*Option 1:* Provide a bowl with sunflower seeds and nuts and a tray of small oranges. To make distribution easier, consider offering individual packs of nuts or sunflower seeds.

*Option 2:* Provide a bowl of hummus and cut up strips of bell pepper. To make distribution easier, spoon a small amount of hummus into individual small cups and place the bell pepper strips upright in the cups for kids to grab and go.

*Option 3:* Provide plastic spoons and bowls of sliced bananas, vanilla pudding, and chocolate chips. Allow kids make their own banana pudding. To make distribution easier, provide individual vanilla pudding cups and a separate bowl with a few banana slices and chocolate chips for each child. Kids can add the pudding cup to the bowl of bananas and chocolate chips to create their own banana pudding.

*Option 4:* Provide a tray of apple slices and a shaker filled with cinnamon and sugar. Kids can use tongs to grab a few apples from the tray and sprinkle the cinnamon sugar on top.

## 2. OPTICAL ILLUSION PINWHEELS

**What You Need:** Tortillas; cream cheese; turkey or ham cold cuts; Sun Chips®

*Optional: You may also choose to add spinach or bell pepper to up the “healthy” factor.*

### What You Do:

- Enlist volunteers to create the pinwheels ahead of time. Spread the cream cheese on the tortillas, add cold cuts, roll up, and cut into slices. You may also choose to add spinach leaves or pepper slices before rolling and cutting.
- Place the pinwheels on trays along with individual bags of Sun Chips for kids to grab and go.

## 3. EYES ON YOU – THREE WAYS!

### OPTION 1

**What You Need:** Round RITZ® crackers or Nilla® wafers; large marshmallows; Life Savers® Gummies® or M&M’S®; white icing; small plates; zip-top bags (*optional*)

*Optional: Provide a small bowl with a plastic knife for each Small Group Leader to distribute the icing.*

### What You Do:

- Give each child two crackers/wafers, two marshmallows, and two M&M’S/gummies. To make distribution easier, consider placing these items in individual zip-top bags for kids to grab and go.
- Give each Small Group Leader plates for the kids in the group. We also suggest giving them a plastic knife and a bowl with some white icing.
- Leaders will pass out a plate to each child and give the following assembly instructions to create an “eyeball.”
  - Spread a small amount of icing on the cracker/wafer.
  - Smash a large marshmallow onto it.
  - Add an M&M/gummy on top (as the iris).
  - Repeat to create a second “eye.”

### OPTION 2

**What You Need:** White powdered donuts, white icing, Life Savers Gummies, M&M’S, small plates, zip-top bags (*optional*)

*Optional: Provide a small bowl with a plastic knife for each Small Group Leader to distribute the icing.*

### What You Do:

- Give each child two powdered donuts and two M&M’S or gummies. To make distribution easier, consider placing these items in individual zip-top bags kids can grab and go.
- Give each Small Group Leader plates for the kids in the group. We also suggest giving them a plastic knife and a bowl with some white icing.
- Leaders will pass out a plate to each child and give the following assembly instructions to create an “eyeball.”
  - Spread a small amount of icing on the donut.
  - Place a gummy/M&M in the middle (as the iris).
  - Repeat to create a second “eye.”

### OPTION 3

**What You Need:** Nutter Butter® cookies or Town House® crackers; white icing; M&M’S or Life Savers Gummies; small plates; zip-top bags (*optional*)

*Optional: Provide a small bowl with a plastic knife for each Small Group Leader to distribute the icing.*

### What You Do:

- Give each child a cookie/cracker and two M&M’S or gummies. To make distribution easier, consider placing these items in individual zip-top bags kids can grab and go.
- Give each Small Group Leader plates for the kids in the group. We also suggest giving them a plastic knife and a bowl with some white icing.

- Leaders will pass out a plate to each child and give the following assembly instructions to create a set of “eyes.”
  - Spread a small amount of icing on the cookie/cracker.
  - Place two M&M’S/gummies on top to create two “eyes.”

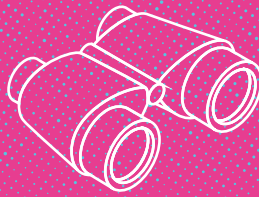
#### 4. TASTE AND SEE MUDDY BUDDIES

**What You Need:** Chex® cereal, chocolate chips, peanut butter, vanilla, powdered sugar, two-gallon sized zip-top bags, wax paper, plastic airtight container, snack-size zip-top bags (*optional*)

*NOTE: Make batches of this ahead of time. To make distribution even easier, place the muddy buddy mix into individual bags for kids to grab and go. Also, you can leave out the peanut butter in case of allergies. If you do decide to leave it out, add another ½ cup of chocolate chips to the recipe below.*

##### **What You Do:**

- Place 9 cups of cereal into a large bowl.
- In a separate bowl, add 1 cup chocolate chips, ½ cup of peanut or sunbutter, and ¼ cup of butter. Microwave for 30 seconds or longer until smooth. Stir in 1 teaspoon of vanilla.
- Pour melted mixture over cereal and stir to coat.
- Pour contents of bowl into a two-gallon zip-top bag. Add 1½ cups of powdered sugar and seal shut. Shake bag until cereal is well coated.
- Spread on wax paper to cool.
- Store in plastic airtight container in fridge until you’re ready to serve.
- The tie-in here is that you cannot “see” all the yummy ingredients inside until you taste it!



# SNACKS | DAY 1

**Bible Story:** Seeing God in Creation • Romans 1:20

**Bottom Line:** FOCUS on what you can see.

## 1. CREATION SNACK MIX

**What You Need:** Chocolate chips; small marshmallows; Goldfish® crackers or Swedish Fish®; animal crackers or Teddy Grahams®; stick pretzels; Sour Patch Kids®; small disposable cups or zip-top bags

### What You Do:

- Each of the snacks listed above represents something God has made:
  - Chocolate chips and marshmallows – light and dark
  - Goldfish crackers or Swedish Fish candy – fish
  - Animal crackers or Teddy Grahams – animals
  - Stick pretzels – trees
  - Sour Patch Kids – people
- Mix all items together in a large bowl.
- For distribution, place a cup-sized amount of snack mix into small disposable cups or zip-top bags for kids to grab and enjoy.

### What You Say:

“God made so many COOL things! From light and dark to fish and birds to animals and trees and people and flowers—God made it all! And though we cannot see God face to face, we CAN see all that He has made. Let’s remember to **[Bottom Line] FOCUS on what you can see.**”

## 2. CREATION JELLO®

**What You Need:** Individual blue JELL-O cups; Sour Patch Kids; dairy whipped topping in a can or small marshmallows; plastic spoons

### What You Do:

- Place Sour Patch Kids and cans of whipped cream or bowls of marshmallows on the tables.
- Give each child an individual blue JELL-O cup.
- Let the kids add whipped cream or marshmallows and a few Sour Patch Kids to the tops of their blue JELL-O cups.
- Pass out spoons for the children to enjoy their treats.

### What You Say:

“God made SO many incredible things, but of all the things He made, people are most like Him. And I’m not talking about these crazy-looking Sour Patch kids; I’m talking about each one of you! You are made in God’s image. You can think and feel and love and care for others. And just look at the creativity God showed when He made each one of you. Not only is your hair color or eye color different, but your personalities are also different, as are your likes and dislikes. I can see God in all the amazing things He’s made, and YOU are His most prized creation of all. You can believe in a God you can’t see when you **[Bottom Line] FOCUS on what you can see.**”