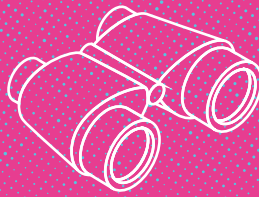


FOODS

TAKE A CLOSER LOOK

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.”

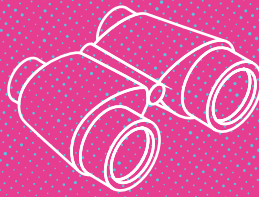
4. TASTE AND SEE MUDDY BUDDIES

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®

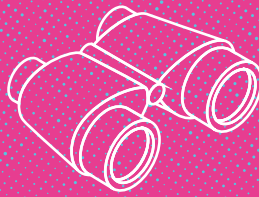
What You Need: Individual blue JELL-O cups; Sour Patch Kids; dairy whipped topping in a can or small marshmallows; plastic spoons

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.**”



SNACKS | DAY 2

Bible Story: The Wise and Foolish Builders • Matthew 7:24-27

Bottom Line: You can HEAR from God.

1. BERRY STACKERS

What You Need: Store-bought angel food cake cut into small slices; berries (strawberries, blueberries, raspberries, etc.) and/or orange slices

What You Do:

- Give each child a plate with two slices of angel food cake and several berries and/or orange slices
- Encourage the children to “build” a house or structure with their food and then enjoy.

What You Say:

“In our Bible story today, Jesus told a story to teach us an important lesson about making wise choices. In the story, there were two builders. One builder built his house upon the sand, and the other built his house upon the rock. Which builder was wise? *(Pause.)* Yes! The one who built his house upon the rock. We are wise when we listen to God’s Word and what it says about the best way to live. Reading God’s Word is one of the best ways to hear from Him. I’m so glad to know that **[Bottom Line] you can HEAR from God.**”

2. GRAHAM CRACKER BUILDERS

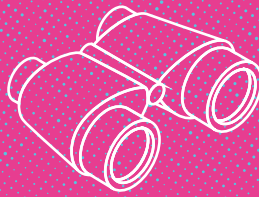
What You Need: Graham crackers; icing, cream cheese, sunbutter, or peanut butter; plastic knives; pretzel rods; wafer cookies; sliced bananas; small plates

What You Do:

- Give each child a plate with graham crackers, pretzel rods, wafer cookies, and sliced bananas.
- Give each Small Group Leader a small bowl with a glob of icing, cream cheese, sunbutter, or peanut butter and a few plastic knives. The Leader will place a small amount of the spreadable food on each child’s plate to use as “mortar.”
- Encourage children to use the “building materials” on their plate to build a house.

What You Say:

“Why do you think Jesus told a story about wise and foolish builders? Was He just talking about the best way to build a house? *(Pause for responses.)* Nope! Jesus was making a bigger point about what it means to follow Him. When we listen to His teaching and follow what He says, we will be like a wise man who builds his house on the rock. We can stand up against anything that comes our way when we choose to follow God and focus on what He has to say to us. Remember, **[Bottom Line] you can HEAR from God.**”



SNACKS | DAY 3

Bible Story: Peter Says That Jesus Is the Messiah • Matthew 16:13-20

Bottom Line: You can TALK with others about what you believe.

1. QUESTION MARK CRACKERS

What You Need: Graham crackers; icing or cream cheese; Twizzlers® Pull 'n' Peel candy or gummy worms; small gummies or licorice squares; small plates; plastic knives

What You Do:

- Give each child a plate with a graham cracker; a small glob of icing or cream cheese; a Pull 'n' Peel candy or a gummy worm; a licorice square or small gummy; and a plastic knife.
- Encourage the kids to use the knife to spread the icing or cream cheese over the surface of the cracker.
- Then instruct kids form a question mark out of the Pull 'n' Peel candy or gummy worm. They may need to bite off part of it to make it fit on the graham cracker.
- Tell kids to add the licorice square or small gummy to the bottom as the point of the question mark.

What You Say:

"Jesus asked his followers a very important question. Do you remember what Jesus asked? *(Pause for responses.)* Yes! Jesus asked them: *Who do you say I am? (Matthew 16:15 NIV)* Peter answered and said: *You are the Messiah. You are the Son of the living God (Matthew 16:16 NIV)*. It's important for us to ask questions and to talk about our faith with our friends. Talking about God with our friends at church or with adults who follow God is one big way our faith can grow. Remember, **[Bottom Line] you can TALK with others about what you believe.**"

2. POPCORN PEP TALKS

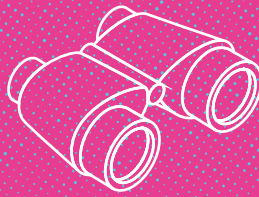
What You Need: Popcorn; cups or brown lunch sacks; chocolate or butterscotch chips *(optional)*

What You Do:

- Pour popcorn into individual cups or brown lunch sacks. *Optional:* Add a few chocolate or butterscotch chips to the popcorn.
- While kids eat, encourage them to "pop up" randomly and share something they've learned so far this week.

What You Say:

"This week, we've been learning about the things we can focus on when it comes to our faith. You can focus on what we see that God has made, you can hear from God through His Word, the Bible, AND **[Bottom Line] you can TALK with others about what you believe.** Maybe something you've learned can help someone else. Or maybe a question someone asks is one you've been wondering about yourself. Talking about your faith is one important way to help you grow."



SNACKS | DAY 4

Bible Story: The Lord's Prayer • Matthew 6:5-13

Bottom Line: You can PRAY anytime, anywhere, about anything.

1. PRAYER PRETZELS

What You Need: Napkins; thick, large twisted pretzels like [these](#)

What You Do:

- Give each child a pretzel or two to enjoy.
- As children enjoy their snack, point out how the center of a pretzel looks like arms folded in prayer. Show the children what you mean by folding your arms in front of your chest.

What You Say:

"When we talk to God, it's called prayer. And the awesome thing about God is that He never clocks out. He doesn't sleep or take a vacation. That means that **[Bottom Line] you can PRAY anytime, anywhere, about anything.** There isn't anything you can't tell Him, any time you can't reach Him, or any place He won't hear you. God is always ready to hear from us when we when talk to Him."

2. PRAY S'MORES

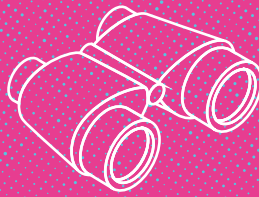
What You Need: Mini graham crackers (like Honey Maid® Lil' Squares®) or Teddy Grahams; small marshmallows; chocolate chips; zip-top bags

What You Do:

- Place some mini graham crackers or Teddy Grahams, a few marshmallows, and some chocolate chips into individual zip-top bags.
- Encourage each child to grab a bag of snacks to enjoy.

What You Say:

"Have you ever made a s'more? This is our own snack version of a s'more to remind you that **[Bottom Line] you can TALK to God anytime, anywhere, about anything.** Remember when it comes to talking to God, you can pray and pray and pray s'more! You can talk to God in your room, in the car, sitting at your desk, or on the ball field. You can talk to God anytime: before you head out the door, before you eat your lunch, or before your head hits the pillow at the end of the day. No subject or place or time is off limits. So pray and pray and pray s'more this week because **[Bottom Line] you can TALK to God anytime, anywhere, about anything.**"



SNACKS | DAY 5

Bible Story: The Greatest Commandment • Matthew 22:36-40; 1 Corinthians 13
Bottom Line: You can LIVE for God by loving others.

1. HEARTS ALL WAYS, ALWAYS!

OPTION 1: Heart-Shaped Rice Krispies Treats®

What You Need: Rice Krispies Treats; heart cookie cutters or plastic knives; napkins

What You Do:

- Give each child a Rice Krispies Treat.
- Encourage kids to cut out a heart using either a heart-shaped cookie cutter or a plastic knife.

OPTION 2: Heart-Shaped Fruit Kabobs

What You Need: Strawberries, orange slices, grape halves, small cubes of cheese, napkins, small skewers

What You Do:

- Cut off the tops of the strawberries in a V formation, leaving the rest of the strawberry, which now looks like a heart.
- Add two strawberries, two orange slices, four grape halves and two cheese cubes to each skewer.
- Kids can place their fruit kabob on a napkin to enjoy.

OPTION 3: Heart Sugar Cookies

What You Need: Sugar cookie dough or store-bought sugar cookies; heart-shaped cookie cutters; icing; sprinkles; napkins or small paper plates

What You Do:

- Roll out the sugar cookie dough, cut out heart shapes using a cookie cutter, and bake.
- Allow kids to decorate their heart-shaped cookie with the icing and sprinkles.

OR

- Give each child a store-bought sugar cookie and a heart shaped cookie cutter to cut out a heart shape.
- Allow kids to decorate their heart-shaped cookie with the icing and sprinkles.

OPTION 4: Heart-Shaped Jammy Sammies

What You Need: Bread; strawberry jam; heart-shaped sandwich cutters or cookie cutters; small plates

What You Do:

- Prepare the sandwiches ahead of time by spreading the strawberry jam between two slices of bread.
- Encourage kids to use the heart-shaped sandwich or cookie cutters to cut a heart out of the center of their sandwich to enjoy.

OPTION 5: Cheese and Pepperoni Hearts on Crackers

What You Need: Cheese slices; pepperoni slices; small heart-shaped cookie cutters; crackers; small plates or napkins

What You Do:

- Give each child a plate with two slices of cheese, two pepperoni slices, and two crackers.
- Encourage the kids to use the cookie cutter to cut hearts out of the cheese and pepperoni slices, place them on the crackers, and enjoy.

OPTION 6: Heart-Shaped Cupcakes or Muffins

What You Need: Muffin or cupcake batter of your choice; marbles or foil; napkins or small plates; plastic knives, icing, and sprinkles for decorating (*optional*)

What You Do:

- Ahead of time, prepare the batter and pour it into cupcake liners. Before baking, slide a marble or a tightly rolled piece of foil between the cupcake liner and muffin pan (on the side of the liner, not beneath it). The cupcake/muffin will morph into a heart shape as it bakes.
- Give each child a cupcake or muffin. If providing icing and sprinkles, let them decorate as desired and then enjoy.

What You Say:

“When someone asked Jesus what the greatest commandment is, what was His answer? (*Pause for responses.*) Yes! To love—love God and love others. **[Bottom Line] You can LIVE for God by loving others.** What if for the rest of the summer and the coming school year, you decided to focus on this ONE thing? What if you chose to love in every situation, in every interaction, at every opportunity? What if love was your first response? I know your faith would grow. And your willingness to love well could show others just how much God loves them, too. Because **[Bottom Line] you can LIVE for God by loving others.**”