

Handy Helps

SNACK SUPPLY LIST

Use this supply list to estimate the snack supplies you need, allowing for extras. This list is based on the suggested snack and drink of the day. Modify the list as necessary, based on your chosen snack and drink.

Non-food supplies needed for just one day are listed with that day's snack (e.g., an electric griddle on the first day). All other basic supplies, which are used throughout the week, are listed at the end of this list under "Other Supplies."

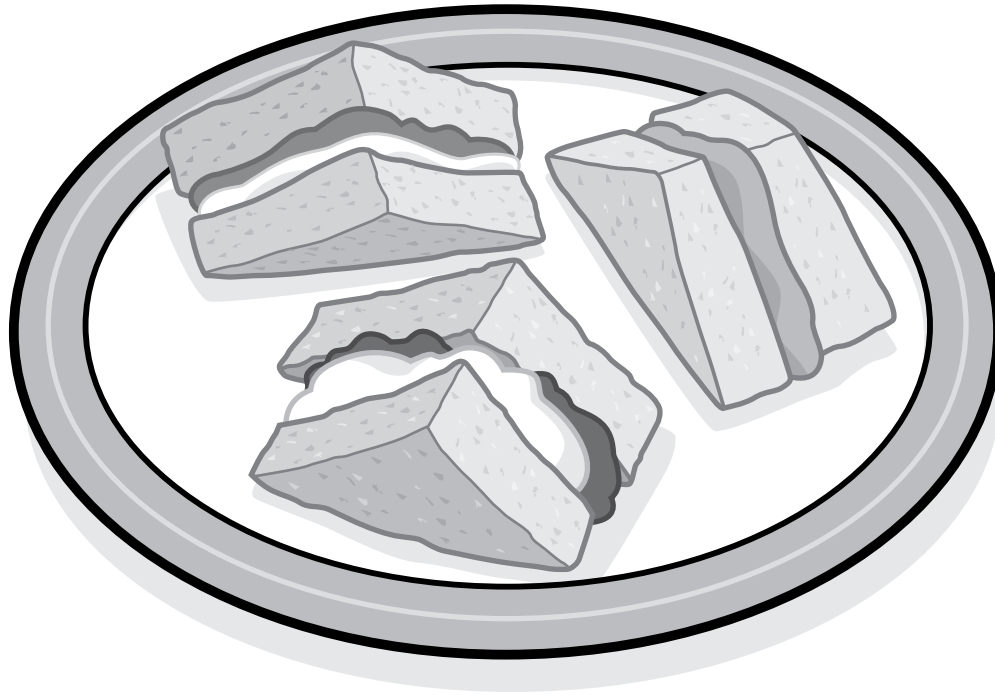
Day/Snack	Snack Supplies	Amount Needed	# of People	Total Needed
File 001 Food Pyramids	Thick-sliced bread	1 slice per child		
	Fillings (choose from the following): cheese slices, peanut butter, marshmallow cream, jam, jelly, chocolate frosting	1–2 T. each filling per sandwich, or 1–2 slices of cheese per sandwich		
	Butter or margarine (if grilling)	1 T. per child		
	Electric griddle (if grilling)			
	Any fruit or drink mix	1 qt. for every 5 children		
File 002 Rods and Cones	Flat-bottomed ice cream cones	1 per child		
	Processed soft cheese spread	1 T. per child		
	Large zippered baggy	1 or more		
	Pretzel sticks	20 per child		
	Any fruit or drink mix	1 qt. for every 5 children		
File 003 Desert Dessert (for 10 servings)	Vanilla sandwich cookies	1 lb. for every 10 children		
	Instant vanilla pudding mix	3.4 oz. box for every 10 children		
	Milk	2 cups for every 10 children		
	Whipped topping	8 oz. for every 10 children		
	Gummy worms or gummy bugs	2 per child		
	9 oz. clear plastic cups	1 per child		
	Plastic spoons	1 per child		
	Food processor and whisk			
Any yellow fruit drink or drink mix	1 qt. for every 5 children			
File 004 Birth Day Celebration Cake	Iced birthday cupcakes or birthday cake	1 per child or 1 piece per child		
	Sprinkles	½ t. per child		
	Birthday candles	1 per child		
	Plastic forks (if serving cake)	1 per child		
	Any fruit drink or drink mix	1 qt. per 5 children		

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Day/Snack	Snack Supplies	Amount Needed	# of People	Total Needed
File 005 Savor the Flavor of Egypt (choose from the list)	Bread (preferably round loaves)	1 small wedge per child		
	Dipping oil, butter, or jelly	Amounts will vary		
	Melons	2-3 bite-size pieces per child		
	Grapes	1 small cluster per child		
	Dates, figs	1 bite per child		
	Apples	2-3 small pieces per child		
	Pomegranates	1-2 seeds per child		
	Cheeses	2-3 cubes per child		
	Honey-flavored pastries	Small wedge per child		
	Plastic forks (depending on what you choose)	1 per child		
	Grape juice or grape-flavored drink mix	1 qt. for every 5 children		
Other Supplies	Drink cups	5 per child		
	Napkins	5 per child		
	Small paper plates	3 per child		
	Drink pitchers or coolers			
	Stirring spoons			
	Measuring cups, bowls, and spoons			
	Spreaders or knives			
	Serrated bread knives			



Snack Directions



FILE 001: FOOD PYRAMIDS

Ingredients

- Thick-sliced bread, 1 slice per child (makes 2 “pyramids”)
- Fillings (choose the ones you want): cheese slices, peanut butter, marshmallow cream, jam or jelly, chocolate frosting (1–2 T. each filling per sandwich, or 1–2 slices of cheese per sandwich)
- Butter or margarine (if making grilled sandwiches)

Pyramid Punch Drink Ingredients

- Any fruit or drink mix, 1 quart for every 5 children

Basic Supplies

- Tablespoons
- Spreaders or knives
- Optional: Electric griddle
- Serrated bread knives for cutting sandwiches
- Napkins, cups, and small paper plates for serving
- Drink pitchers or coolers
- Stirring spoon

Snack Directions

Pre-Prep

1. Decide on desired fillings and whether the sandwiches will be grilled. Possible fillings and combinations include grilled cheese, peanut butter and jelly (beware of allergies!), strawberry jam and marshmallow cream, peanut butter and marshmallow cream, or marshmallow cream and chocolate frosting.
2. If grilling, spread butter or margarine on outside pieces of bread.
3. Spread fillings on the other side of the bread and assemble sandwiches.
4. If grilling, toast to a light brown.
5. Carefully cut sandwiches with a serrated bread knife from corner to corner to form triangles. Use a gentle sawing motion and light pressure to keep filling from coming out the sides.
6. Stand the triangles on the crust side to make “pyramids.”
7. Prepare drink.

Teaching Tie-In

Show the sample snack and say:

The ancient Egyptians built the pyramids long ago. They were brilliant people, not people who had evolved from animals over millions of years. The amazing pyramids show just a sample of their brilliance. In fact, even nowadays with computers, we can't figure out exactly how they did it! Let's thank God for these food pyramids and for minds that are capable of thinking and building and designing.

Pray.

Class Time Directions

Children may choose and spread their own fillings if time and skill allow.

Tip Corner

- Thick-sliced bread, such as Texas Toast, works best.
- The amounts listed below for fillings are based on 2 T. each but can be spread thinner and stretched farther, if need be.
- Microwave marshmallow cream briefly for easy spreading. One 13 oz. jar of marshmallow cream makes approximately 28 two-tablespoon servings.
- If using peanut butter, double check to make positively sure that nobody has peanut allergies. One 17 oz. jar of peanut butter makes approximately 15 two-tablespoon servings.
- One 32 oz. jar of jam or preserves makes approximately 22 two-tablespoon servings.
- One 16 oz. can of frosting makes approximately 13 two-tablespoon servings.
- One stick of butter or margarine covers approximately 24 slices of bread (1 T. per slice).
- Drink boxes or bags can be used any day this week if you prefer drinks that do not require cups and preparation.

Super Simple Idea

- Watermelon cut into thick, pyramid-shaped triangles provides an easy, healthy alternative.

