

SNACKS [15 MINUTES]

Full Seeds Trail Mix



What will kids do?

Kids make a trail snack mix.



Why is this activity important?

God's love is a seed in me and in you. Love and seeds are in this delicious snack!

Get Ready

- variety of edible seeds: sunflower, flax, soy nuts, pumpkin
- raisins or dried fruit
- granola
- M&M's or similar chocolate coated candies
- serving bowls and kid-size scoops (measuring cups), 1 per ingredient per serving space
- small bowls or cups, 1 per kid
- a way for kids to wash hands
- plants (or pictures) grown into the seeds (optional)
- writing board and markers or chalk

Get Set (Up)

Decide how kids will create their trail mix—assembly line or family style. On each serving area place bowls filled with individual trail mix ingredients and kid-size scoops. Set out smaller bowls for kids. Set plants (or pictures) near the serving space. Post the words to the prayer where kids can see.

Before serving any food, always check with caregivers or the VBS Director for kids who have food allergies. Provide an alternative if necessary.

Go Green!

Welcome kids to the snack area. **Many plant seeds are good for our body. We'll eat some of those.** See if kids can identify any of the seeds. **What if they went into the soil and not our mouths? They could become _____ .** Show pictures or plants. **God's love is a seed in you that is filled with love and kindness we can share. Let's thank the people who shared their time getting our snack ready. Repeat after me: God's love is a seed in you (and you and you)!** Point to each snack volunteer. Encourage kids to try a little bit of everything, even if it is only one seed instead of a whole scoop.

1. Have kids wash hands.
2. Scoop seeds and other goodies from larger bowls into separate kid bowls. (Kids scoop!) Older kids can help younger ones.
3. Mix with a gentle shake or fingers.
4. Enjoy!

PRAYER

Invite kids to sing a prayer to the tune of "Row, Row, Row Your Boat."
**God's love's a seed in me.
 I can spread love too.
 Thank you for these seeds we eat.
 And everything you do!**

greenER:

Look for ingredients you can buy in bulk, decreasing packaging waste.

greenEST:

Use real bowls for serving and for the kids. This no-mess snack will make washing easy.

