Grocery List

foods from trees (see recipe)
fresh or frozen strawberries
cream cheese
sour cream
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Tree Treats

Ingredients:

apples coconuts
bananas pecans
peaches walnuts
pears maple syrup
oranges chocolate

Explore foods that come from trees. Provide an assortment of some of the foods above. Have children observe the items. Explain that all of these food products came from trees.

Have children help you wash and prepare the fruit. Invite them to cut some of the softer fruits while you cut the firmer fruits. Toss the pieces together to create a fruit salad and serve along with other items for a snack or meal today.

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Springtime Strawberry Dip

Ingredients:

8 oz. fresh or frozen strawberries

4 oz. cream cheese

1/4 cup sour cream

3 T. sugar (optional)

Place strawberries in a food processor or blender and process until smooth. Add the cream cheese, sugar, and sour cream. Blend again until smooth.

Serve with fresh fruit to dip, such as apples, pineapple, kiwi, or bananas!

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