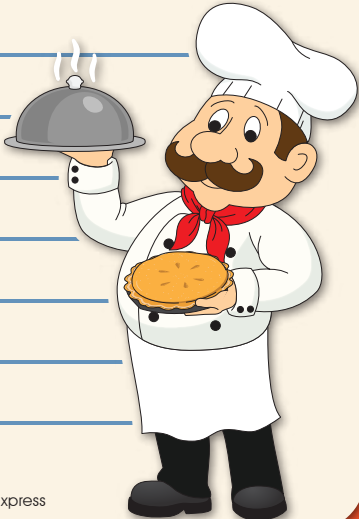


Grocery List

- refrigerated sugar cookie dough
- frosting
- whole wheat pita pockets
- turkey
- ground beef
- shredded cheese
- tomatoes
- hummus
- sour cream
- cream cheese
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Snowman Cookies

- Ingredients:**
refrigerated sugar cookie dough
frosting

Caution: Always check for allergies before serving foods. Make substitutions as needed.

Give each child a portion of refrigerated sugar cookie dough. Have children separate their dough into two or three balls.

Have children flatten the balls on a cookie sheet, overlapping them slightly to make a snowman shape. Bake the cookies according to the package directions. Offer frosting in piping bags, and model how to squeeze the bag to decorate the cookies. Invite the children to try. Enjoy with a glass of milk.

Cozy Pitas

- Ingredients:**
whole wheat pita pockets
fillings (chopped turkey, cooked ground beef, shredded cheese, chopped tomatoes, hummus, sour cream, cream cheese)

Caution: Always check for allergies before serving foods. Make substitutions as needed.

Wrap soft, whole wheat pita pockets in aluminum foil and warm them in the oven at 300°F for about ten minutes. Set out a variety of fillings such as chopped turkey, cooked ground beef, shredded cheese, chopped vegetables, hummus, sour cream, and cream cheese. (Offer preferred and new food choices, if possible.)

Give each child a plate with a warm pita pocket, and allow children to fill the pitas as they choose. Enjoy the Cozy Pitas for a snack or meal.