Grocery List

- ☐ deli meat
- ☐ cheese
- ☐ round crackers
- ☐ olives
- ☐ whole wheat bread
- ☐ peach or apricot preserves
- ☐ cream cheese
- ☐ shelled, roasted pumpkin seeds
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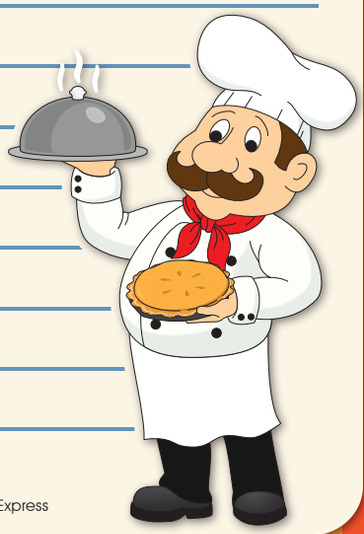

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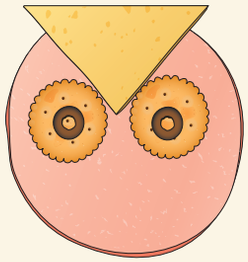
Owl Snack

Ingredients:

round slices of deli meat
cheese triangles
round crackers
sliced olives

Give each child a plate. Set one round meat slice on your plate. Place a cheese triangle on top of the meat to form an eyebrow. Place one round cracker on either side of the cheese to serve as the eyes. Place one olive slice in the the middle of each cracker eye. Can the children see the resemblance to a real owl? What a hoot!



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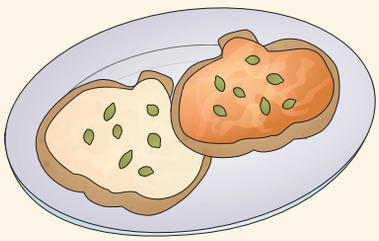
Pumpkin Sandwiches

Ingredients:

whole wheat bread
peach or apricot fruit preserves
cream cheese
shelled, roasted pumpkin seeds

Provide a pumpkin-shaped cookie cutter and invite your child to cut pumpkin shapes from two slices of bread. Toast the bread shapes. Invite your child to spread cream cheese on one shape and fruit preserves on the other. Sprinkle both shapes with pumpkin seeds. The result is a yummy pumpkin sandwich!



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