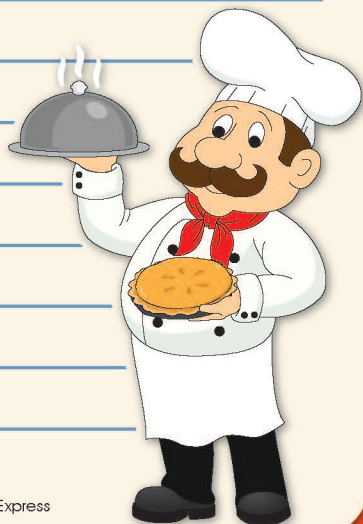


Grocery List

- [illegible]



Potato Soup

Ingredients:

- 1 cup instant mashed potato flakes
3/4 cup nonfat powdered milk
1 T. granulated chicken bouillon
1/2 tsp. dried parsley
1/8 tsp. dried thyme
1/8 tsp. pepper
1 pkg. (1.5 oz.) powdered cheese sauce mix
(optional)

Have the children mix all the ingredients together.

Adult step: Add 3/4 cup boiling water to 1/4 cup soup mix. Stir until smooth. Let thicken for several minutes before enjoying.

Porcupine Snack

Ingredients:

- pears
small pretzel sticks or chow mein noodles
raisins
peanut butter (optional)

Cut a pear in half and place half on a plate. Give the children a handful of small pretzel sticks or chow main noodles. Press them into the pear to represent porcupine quills. Offer raisins to rest on the pointed end of the pear as eyes and a nose. A little dab of peanut butter will help the raisins stick!

