



While you wait for your plants to grow: **Veggie Bugs!**

Often kids will try new foods when it is in a fun way. Even my teens think “there’s nothing to eat” until it looks like a snack.

Wash hands and surfaces.

Knife Safety:

Kids can use a butter knife for soft foods.

Do not use a dull knife when cutting.

Curl your fingers under.

Create flat surfaces by cutting any round, likely to roll pieces in half before cutting again. Turn celery on to straight side, round side up.

Great way to have a variety of colored fruits and vegetables!



Use any fruit or veggies you have access to:

Celery, cucumbers, or carrots, or even bananas

Use cream cheese, peanut butter or sunbutter

And add details with cucumber, zucchini, lettuce, spinach,

Tomatoes (cherry tomatoes), or grapes, blueberries,

Strawberries, olives, peanuts or cashews

You *could* cut eye circles with a straw & black olives

Chives, or thin slices for the antennae

Make HALF your plate fruits and vegetables



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