



- ⇒ Provided on a card are survival tips for leaders and how to help introduce a child to Christ
- ⇒ Snack cards contain ideas for both preschool and children's snacks. **Preschool friendly** icons and **Gluten Free** are shown in the upper right hand corner
- ⇒ Daily biblical content and "Kid connection" suggestions are on the back of the bible related cards.
- ⇒ Leaders for snack or meal preparation are enlisted with the same diligence and care as other bible study leaders. Include and follow the two teacher rule with a completed background screening for each adult who may have access to children.
- ⇒ Decorating ideas can be found on the cards.
- ⇒ Of course there is nothing wrong with serving a cookie and a cup of water or Kool aide as a part of the VBS experience, each church determines what is the best fit.

#### **Bible related snack suggestions:**

**Day 1: "Jesus Cares About Me";** Sheep Cracker. Cute and tasty. Kids asked for seconds! Cost per child 10 cents or less.

**Day 2:"Jesus Gives Me Hope";** Tailgate Turkey Wraps. Refrigeration needed. Most liked these but keeping them cold on a hot day could be a problem. Cost per child 5 cents.

**Day 3: "Jesus Helps Me Believe";** Donut Glasses, kids really liked these, however some do not like chocolate so perhaps using powered sugar mini donuts is an option. 9 cents per child.

**Day 4: "Jesus Loves Me"** Sweetheart Sandwiches. A favorite, kids wanted extras. Cost per child 4 cents.

**Day 5: "Jesus Gives Me Joy";** Earthquake Cups. Cool and refreshing snack enjoyed by all ages. Again refrigeration is needed right up to serving time. Cost per child 30 cents depending upon yogurt purchase.

Four Options, over 35 ideas for making food preparations fun and exciting for your church's VBS experience.

**2018 includes** five bible related snack suggestions , one for each day!

10 suggestions for dinners or lunches!

**2018** 15 store bought suggestions included!

**Prior to serving any food items, check for allergies. Today many children have severe food allergies. At registration, add the question to each card to find out if the child who will be attending VBS has any allergies. Post a list of food items to be served in multiple locations so parents can be aware of what their child may be eating.**

**Recipe 1: Pizza Pick-ups** Tasty, but time consuming to make. Would make a great lunch or family night treat. Cost per child 45 cents.

**Recipe 2:Mini Chicken-N-Waffles .** Kids loved these so much they wanted 3-5 each, some more. This would also make a great family night treat. Cost per child 38 cents.

**Recipe 3:Mini Meatball subs.** Tasty but messy to serve and eat. Super hospitality room pick-me-up for teachers. Cost per serving 15 cents.

**Recipe 4: Fruit Dunkers** Unless you have a designated snack time, these are difficult to serve, yet very tasty. Most loved these. Cost per child 49 cents

**Recipe 5: Watermelon Pops** Fun, tasty, and refreshing. Everyone loved this. Cost per child 13 cents

**Recipe 6: Basketball Cookies**—Cute, tasty, and loved by all ages (kids loved putting these together). Cost per child 9 cents.

**Recipe 7: Dessert Corn Dogs**—Any oblong store bought "Twinkie" type "hotdog" works. Fun treat to eat as it is so closely related to our theme. Cost per child 29 cents.

**Recipe 8:Soccer Popcorn**—yummy popcorn favorite! Caution: Choking hazard with popcorn, not for children under 4. Cost per child 20 cents.

**Recipe 9: Four Sports Snack** Kids enjoyed identifying the shapes of the items resembling sport represented in the mix. Tasty, easy treat. Cost per child 8 cents.

**Recipe 10: Veggie Cup Catchers**— Very few of our testers/taste team liked the bell peppers. Pretzel sticks with carrots were preferred. Fresh vegetables can be pricy. Cost per child as listed 28 cents.

**Recipe 11: Celebration Snack Mix** Really different “trail mix”, however children liked the mixture of sweet and savory. Cost per child 9 cents.

**Recipe 12: Apple Energy Cookies**—caution, these are suggested to be made with peanut butter, but can be made with other butters and remain just as tasty. Cost per serving 9 cents.

**Recipe 13: Frozen Footballs**—can we just say yummy! Kids (and adults) loved these. A little pricy, but so good. Cost per serving 15 cents.

**Recipe 14: Have a Ball Cupcakes**—Enlist help from senior adults who love to bake and have them donate cupcakes. Decorate with your committee. Cost per serving as little as 8 cents with donated supplies.

**Recipe 15: Bat and Ball**—Crunchy, sweet and salty, great combination. Cost per child 8 cents.

**Recipe 16: Pass the Ball Bites** —Requires refrigeration due to the bacon and cheese ingredients. Not a big hit with our group of testers. Cost per

Child 13 cents.

**Recipe 17: Touchdown Taco Crackers** Really yummy, our testers wanted more. Not a fan of spice, reduce the garlic powder and chili powder ingredients. Cost per child 10 cents

**Recipe 18: Slam-Dunk Salami Chips** not a favorite, most were hesitant to even taste. Lots of prep time involved. Cost per child 11 cents.

**Recipe 19: Pineapple Pennants**—Careful with toothpicks in food as children do not use caution when eating. As a snack this is a little difficult, but would be a great treat for family night. Cost per serving 27 cents

**Recipe 20: Cheering Confetti Popcorn**—Colorful, fun, and loved by most. Again, choking hazard for young children. Cost per child 8 cents

**Recipe 21: Football Brownie Bites** Easy to prepare and serve. Yummy, liked by all. Cost per child 6 cents

**Recipe 22: Mini Footballs** summer sausage not a hit. Used wafer thin ham and turkey and American Cheese which the children preferred. Cost per child 14 cents using turkey and ham with American cheese. Summer sausage & Cheddar 22 cents.

**Recipe 23: Referee Cookies** Fun, fairly easy and liked. Cost per child 9 cents.

**Recipe 24: Snack Stadium**—Can be pricy to feed an entire VBS, however great for hospitality room or family night. Cost per person dependent upon ingredients preferred. Could be as little as 15 cents to 25 cents

**Recipe 25: Sweet and Salty Snack Mix**—updated Chex mix, really good but be careful with nuts of any kind. Cost per child 10 cents

**VBS kickoff, Family Night, meals for evening VBS leadership families, or extended VBS days—look on the optional themed meals suggested. Expand VBS beyond just the normal rotation sites and have fun.**

**Individual churches needs to determine meals and/or snacks based upon:**

- ⇒ **Budget**
- ⇒ **Size of church, ability to provide space for a separate rotation or meal**
- ⇒ **Time of day VBS is scheduled**
- ⇒ **Leadership availability**

**Remember there is nothing wrong with a cup of water or Kool aide along side store bought or home-made cookies— It is not about the food served, VBS is sharing Jesus and His plan for people!**

