

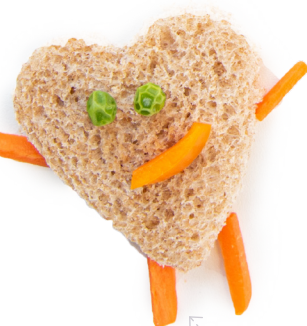
*Let your
child create
art too!*

have fun with colorful fruits and veggies

- Slice baby carrots and bell peppers into thin sticks.
- Slice cherry tomatoes, grapes and berries in half.
- Cut cucumbers into thin slices.
- Try one or two baby spinach leaves at a time.
- Thaw frozen peas under running water.

*Cut whole wheat bread, tortillas or cheese
slices into triangles and squares with a knife.
Make circles and hearts with cookie cutters.*

*Make letters,
animals, bugs,
flowers, cars,
or houses!*



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