

Making Connections – Ants on a Log Snack



Food can be a fun thing to talk about because we all need to eat! Children can try this health snack where raisin “ants” crawl along a celery stalk “log”. You can make many changes to this snack to please your child's tastes! Once they've made it at home, you can talk about it over the phone or the next time they visit, so the child can tell the parent what they think! You might even want to try it on your next Private Family Visit!

What you need

- Celery (approximately 1 stalk for every 3 “logs”)
- Peanut butter
- Raisins

****** If your child has a food allergy or dislikes something in this recipe, peanut butter can be replaced with cream cheese or hummus; and raisins can be replaced with olives, nuts, cranberries, chocolate chips, etc.

What to do:

1. Cut celery into “logs” approximately 2-3 inches long
2. Spread with peanut butter
3. Top with as many raisins as you like
4. Enjoy!

Don't forget to carry on the connection by asking them what they liked about this recipe, how they would change it, was it a good after school snack, etc.?

