

SNACKS

SNACKS ROTATION

This rotation is meant to coincide with your Games rotation. Here are few things to think about:

- Provide several large trashcans, large bottles of hand sanitizer, and a package or two of wet wipes each day during the snack rotation.
- While some of these ideas are specific to each day of VBS and some are “labor” intensive, we understand that feeding a large crowd can be difficult. We’ve given suggestions along the way for prepackaged snacks you can provide as an easier alternative. Our hope is to give you lots of options so you can find one that works best for your environment!
- The first four snack options are general and could work for any day of VBS. Below the general snacks, you’ll find two options for each day that fall directly in line with that day’s Bottom Line.
- Use the “Allergy Alert” template that we’ve provided to type in the food items you’ll be serving each day. Make sure to post these signs clearly in a place where parents can see them at drop off. You might also consider capturing allergy information for each child at registration and noting that information on their nametags or rosters to alert volunteers.

GENERAL SNACK IDEAS FOR THE WEEK

1. CRISPY TREAT ROBOTS

What You Need: Rice Krispies® treats (you can make these from scratch or purchase the prepackaged ones), icing, plastic knives, Starburst® candies, Smarties®, small pieces of licorice or Twizzlers®

What You Do:

- Give each child a Rice Krispies treat.
- Let child spread some icing on their treat and use the candy to decorate it to look like a robot. (Suggestions: Starburst candies for ears, Smarties candies for eyes and mouth, licorice/Twizzlers for mouth.)

2. MARSHMALLOW ROBOTS

What You Need: Jumbo-sized marshmallows, regular large marshmallows, mini marshmallows, pretzel sticks, plastic serving bowls

NOTE: If you are feeding a large crowd of kids, consider making individual snack bags ahead of time by placing 1 large camping marshmallow, 3 large marshmallows, 2 mini marshmallows and 6-8 pretzels in a sandwich-size zip-top bag.

What You Do:

- Set out the bowls of different-sized marshmallows and pretzels.
- Line up kids to each select 1 jumbo marshmallow, 3 large marshmallows, 2 mini marshmallows, and 6-8 pretzel sticks.
- Show the children an example of how to create a robot using the marshmallows and pretzel rods. The jumbo marshmallow is the body, the large marshmallows are the head and feet and the two mini marshmallows are the arms.
- Let the children assemble and then eat their marshmallow robots!

3. GADGETS AND GIZMOS SNACK MIX

What You Need: Chex® cereal; Cheerios®; pretzel sticks, rods, or twists; Twizzlers®; M&M'S®; popcorn; marshmallows; cookies; Cheez-It® crackers; potato chips; plastic bowls; plastic spoons

What You Do:

- Place each of the items into a plastic bowl. Put a plastic spoon in each bowl.
- Label each item with a fun “Gadget” or “Gizmo” name. For instance, Twizzlers could be “wires” or potato chips could be “computer chips.”
- Let the children choose a spoonful of each item to create their own snack mix.

To simplify the snack this week:

Make a master list of 20 snack items and advertise ahead of time to your church that you will be collecting these specific items. You could even serve the “Gadgets and Gizmos” snack mix all five days; just choose four or five different snack items each day.

To help you advertise, we’ve created a “VBS Master Snack” list car tag to hand out to your congregation. Encourage your attendees to hang them from their rearview mirrors so that they can grab one or two (or all!) of these items the next time they run to the grocery store!

3. NUTS AND BOLTS SNACK MIX

What You Need: Individual prepackaged bags of Chex Mix

What You Do:

- Let the kids grab a bag of Chex Mix to enjoy!

DAY 2

Bible Story: Jesus Heals the Blind Man (John 9)

Bottom Line: God made you to trust Him.

1. WHAT IS IT?

What You Need: 2 different kinds of cereal that look similar but are different flavors (like Rice Chex and Corn Chex or regular Cheerios and Honey Nut Cheerios), 2 kinds of similar candy in different flavors (like sour and regular gummy worms or dark chocolate chips and semi-sweet chocolate chips), plastic serving bowls, napkins, spoons

What You Do:

- Place the two kinds of cereal in the same bowl and the two kinds of candy in a different bowl with serving spoons.
- Instruct the kids to place two spoonfuls of cereal and one spoonful of candy onto their napkins.
- Ask:
 - » Take a bite of your cereal and candy. What do you notice?
 - » Do they taste different or the same?
 - » Did that surprise you?

What You Say:

“With our snack today, you couldn’t rely on your sense of sight because the cereal and candy looked the same. The only way you could tell the difference was by using your other senses, like your sense of smell and taste. Can you imagine what it would be like to not have your sense of sight, like the blind man in our story today? The man trusted Jesus and he was healed! And **[Bottom Line] God made you to trust Him, too.**”

2. CHOOSE YOUR SNACK

What You Need: Prepackaged snack bags of Goldfish® crackers (or chips or cookies) of different flavors

What You Do:

- Ask each leader to grab enough bags of Goldfish (or whatever snack you’ve chosen) for the kids in their group.
- Leaders should ask their kids to close their eyes and pass out the bags.
- Once kids open their eyes, they can decide if the bag is a flavor they want to keep or trade with a friend.

What You Say:

“Can you imagine what it must have been like for the blind man in our Bible story today? He couldn’t see anything—not even his food! And then he met Jesus. Jesus healed the man and changed him! From then on, the man trusted Jesus! **[Bottom Line] God made you to trust Him, too.** Say it with me: [Bottom Line] **[Bottom Line] God made you to trust Him.**”