



POWER UP

RAISE YOUR GAME

VBS 2019 | SNACKS



SNACKS ROTATION

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

- Provide several large trash cans, 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 easier alternatives. Our hope is to give you lots of options so you can find one that works best for your environment!
- The first seven snack options are related to the overall Power Up theme (specifically snacks that will remind kids of Pac-Man™, Super Mario Bros.™, Frogger™, and Minecraft™ video games) and could work for any day of VBS. Below the general snacks, you'll find two or three options for each day that fall directly in line with that day's Bottom Line.
- We suggest serving water with all snacks listed below.
- 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 "POWER UP!"

PAC SNACKS

1. Say "CHEESE!"

What You Need: Babybel® cheese rounds OR square cheese slices and circle cookie cutters; plastic knives; crackers or pretzels

NOTE: To make distribution easier, consider purchasing individual snack bags of pretzels or crackers.

What You Do:

- Give each child a cheese round to unwrap. If using a regular cheese slices, encourage kids to cut out a circle with the circle cookie cutter.
- Then instruct kids to use the plastic knife to cut out a small triangle of the circle as if they're creating a mouth for a Pac-Man character.
- Serve with crackers or pretzels.

2. Pac-Cakes

What You Need: Pancake mix and water OR frozen pancakes; yellow icing

What You Do:

- Enlist volunteers to make small pancakes for each child or purchase frozen pancakes and microwave ahead of time.
- Give each child a pancake and a plastic knife. Encourage them to cut out a small triangle to create a Pac-Man-type mouth.
- Tint some icing with yellow food coloring (or purchase yellow icing in tubes) and let the children ice their Pac-Cakes!

SUPER SNACKS

1. Super Healthy Snacks

What You Need: Baby carrots or carrot sticks; Super Mario Bros. fruit snacks; cheese balls

What You Do:

- Serve each child a pack of fruit snacks, carrots, and cheese balls (for firepower).

2. Pizza

What You Need: Frozen pizza OR English muffins OR tortillas; pizza sauce; mozzarella cheese; pepperoni slices

NOTE: If serving frozen pizza, enlist volunteers to help you prepare them in an oven or microwave during the snack rotation. If choosing to serve English muffin or tortilla pizzas, these are no-bake options.

What You Do:

- Cut the frozen pizza into snack-sized servings for children to grab and go.

OR

- Set the English muffins or tortillas, pizza sauce, cheese, and pepperoni in the center of the tables. Encourage each child to create their own no-bake pizza by spooning some pizza sauce onto the English muffin or tortilla and adding cheese and pepperoni.



FROG SNACKS

1. Frog on a Log Option A

What You Need: Frog gummies OR green M&M'S® OR green Skittles®; Swiss cake rolls; icing

NOTE: You can leave off the icing if you prefer and simply have the kids place the gummies or candy on the rolls.

What You Do:

- Set out the snack items in the center of the tables.
- Encourage the children to squirt three dots of icing onto the tops of their cake rolls and add the gummies (or green candies) as the frogs on the logs.

2. Frog on a Log Option B

What You Need: Large stick pretzels; frog gummies OR green M&M'S OR green Skittles; white icing OR cream cheese OR sunflower butter

What You Do:

- Set the snack supplies in the center of the tables.
- Encourage the children to use a plastic knife to spread the icing, cream cheese, or sunflower butter along the tops of their pretzels.
- Instruct them to add three frog gummies or green candies as the frogs.

NOTE: For a complete make-ahead option, you could dip stick pretzels into chocolate and add a few green candies. Set them aside to harden, and place them on serving trays to be distributed.

BUILDING SNACKS

1. Build Your Own Snack

What You Need: Cheetos®, green grapes, Twizzlers®, Hershey's® Nuggets candies, Hershey's Kisses®, Goldfish® crackers or Swedish Fish®, stick pretzels, Cheez-It® crackers

What You Do:

- Each of these snack items represents a part of the Minecraft game. You may choose to serve any combination of the items listed below.
 - Cheetos: torches
 - Green grapes: slime balls
 - Twizzlers: TNT
 - Hershey's Nuggets: gold
 - Hershey's Kisses: diamonds
 - Goldfish crackers or Swedish Fish: raw fish
 - Stick pretzels: Sticks
 - Cheez-Its: trap door
- Consider creating fun labels in a Minecraft-type font to place in front of each item to identify them. Let the children choose a few of each item to build their own snack.



SNACK IDEAS SPECIFIC TO EACH DAY

DAY 1

Bottom Line: God wants you to know Him.

Bible Story: God Calls Abram • Genesis 12:1-4; 15:1-7

1. More Than the Stars

Option 1: Watermelon and Cheese Stars

What You Need: Watermelon slices, cheese slices, crackers, small star cookie cutters

- Give each child a plate with a slice of watermelon, a slice of cheese, and some crackers.
- Challenge them to use the star cookie cutters to cut out as many stars as they can from the watermelon and cheese slices.
- Let them count up their stars and enjoy them with crackers.

Option 2: Krispie Stars

What You Need: Prepackaged Rice Krispies Treats®, star cookie cutters

What You Do:

- Give each child a treat and a star cookie cutter.
- Challenge them to use the star cookie cutters to cut out as many stars as they can from their treats.

What You Say: “God chose Abram for a very special purpose. Do you think Abram was scared or uncertain? Probably. But Abram chose to listen and follow God and His plan. God wants you to know Him and see His plan for you too. He loves you and wants to have a relationship with you. **[Bottom Line] God wants you to know Him.**”

2. Baby Boy Cookies

What You Need: Nutter Butter® cookies, blue icing, raisins

NOTE: Provide plain oblong crackers for children with peanut allergies.

What You Do:

- Place the snack items in the center of the tables.
- Encourage each child to use a plastic knife to spread blue icing on the bottom half of the cookie or cracker. This will be the baby’s blanket.
- Instruct kids to add two raisins to the top for the baby’s eyes.

What You Say: “God promised Abram a son. And though that promise seemed impossible because of Abram and Sarah’s ages, it wasn’t impossible for God. He had a plan and purpose for Abram. God didn’t sit by and wait for Abram to figure things out. He spoke to Abram and showed him the plan He had for him. God wanted Abram to know Him and see God’s special plan for his family. Just like Abram, **[Bottom Line] God wants you to know Him, too.**”