

SNACKS | DAY 1

Bible Story: Who is Jesus? • John 10:14 and John 14:6

Bottom Line: I can have confidence because I am known.

Memory Verse: “My command is this: Love each other as I have loved you.” John 15:12 (NIV)

GET READY

Prepare ahead of time for Snacks Rotation for VBS:

- 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 easier alternatives. Our hope is to give you lots of options so you can find one that works best for your environment!
- The first snack suggestion for each day pertains to the overall “PRESS PLAY” theme and could be used any of the five days. The last two snack ideas are specific to that day’s Bottom Line or Bible Story.
- We suggest serving water with all snacks listed below.
- You will notice that one option below is marked as “virtual.” Some of the virtual options are more labor intensive and are better served to children at home or in small groups. However, some of the virtual options can easily be adapted to work for your in-person VBS!
- 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 their allergies somehow on their nametags or rosters to alert volunteers.

1. CONFIDENCE SNACKING

- Small plates—1 per kid
- Plastic knives or spoons—1 per kid
- Apple slices—5 or 6 slices per kid
- SunButter (or other non-nut butter) or cream cheese
- Chocolate chips
- Raisins
- Coconut
- Cinnamon in a shaker

2. GOOD SHEPHERD SNACKING (VIRTUAL OPTION)

- Vanilla Cupcakes—store-bought or choose your own recipe to make from scratch
- White icing
- Marshmallows

3. ONE WAY SNACKING

- Graham crackers
- White icing or cream cheese
- Chocolate chips or M&Ms candies
- Small plates—1 per child
- Plastic knives or spoons—1 per child

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1. CONFIDENCE SNACKING

What You Need: small plates, plastic knives or spoons, apple slices, SunButter (or other non-nut butter) or cream cheese, chocolate chips, raisins, shredded coconut, a shaker with cinnamon

What You Do:

- Give each child a small plate with five or six apple slices and a spoonful of SunButter or cream cheese.
- Encourage the children to spread the SunButter or cream cheese on their apple slices.
- Place the chocolate chips, raisins, shredded coconut, and a shaker with cinnamon on a platter.
- Allow the children to select one or two items from the platter to add to their plates. Or you may choose to have an adult wearing gloves serve each of the kids at each table.
- Encourage the children to sprinkle the “toppings” on their apple slices and enjoy!

What You Say: “You can have confidence that while this snack is super-yummy, it’s also good for you too! This week, we’re learning that we can have confidence because we are LOVED by a great big God. Jesus knows everything about you. He loves you and always wants what’s best for you. So remember, **[Bottom Line] I can have confidence because I am known.**”

2. GOOD SHEPHERD SNACKING (VIRTUAL OPTION)

What You Need: vanilla cupcakes (store-bought or made at home), white icing, marshmallows

What You Do:

- If making cupcakes at home, follow the recipe to bake the cupcakes and let them cool completely.
- Give each kid a cupcake and some icing.
- Instruct the kids to ice the top of their cupcakes with the plastic knife or spoon.
- Encourage kids to stick as many marshmallows on the tops of their cupcakes as they can.

What You Say: “These cupcakes remind me of fluffy sheep! Jesus is often described as the Good Shepherd. Shepherds know their sheep, each and every one. One of the most amazing things about following Jesus is that He KNOWS who you are. He knows every single quirky, amazing, awesome thing about you. You can trust and follow Him because He LOVES you! **[Bottom Line] I can have confidence because I am known.**”

3. ONE WAY SNACKING

What You Need: graham crackers, icing or cream cheese, chocolate chips or M&M candies

What You Do:

- Place two graham crackers, a dollop of white icing, and a few chocolate chips or M&Ms candies on each small plate.
- Give each child a plastic knife or spoon.
- Encourage the kids to use the knife or back of the plastic spoon to spread the icing or cream cheese over the tops of their graham crackers.
- Show the kids how to add the chocolate chips or candies to each graham cracker to form an arrow.

What You Say: "Have you ever seen a one-way sign when sitting in traffic with your mom or dad? What does that sign mean? (Pause for responses.) That's right. It means that on that road, you can only travel safely in one direction. Jesus said, 'I am the way and the truth and the life. No one comes to the Father except through me.' (John 14:6, NIV) Jesus came to make a way for us to have a relationship with God forever. You can have confidence to know that you are deeply loved by Jesus because He came to make a way for you to be a part of God's family, forever! **[Bottom Line] I can have confidence because I am known."**

NOTE: For a grab-and-go option, offer individually wrapped Rice Krispie Treats and a snack pack of Twizzlers for kids to make their own arrows to press on top of their Rice Krispie Treats.

What You Say: "It's time to head to our next activity! Let's clean our hands and throw away all our trash. We want to leave the area as clean as possible for the next group."

"I'm so excited to spend the week talking about what confidence looks like. Real confidence isn't about pride or arrogance. We can have confidence when we understand that we are made by God! He loves you so much. He knows every single awesomely unique thing about you! **[Bottom Line] I can have confidence because I am known."**

Travel Time

As you travel to the next track, use the following questions to keep the conversation going, and to keep kids thinking about what they're learning.

- What do you think "confidence" means?
- Is there anyone you know who you would describe as a confident person?