

Y Guides and Princesses Health Activity for Meetings

Fun Veggie Snacks - can be made as a group during meetings - prep vegetables ahead of time to cut down on activity time and mess

Why?

To realize how easy and fun it can be to create your own healthy vegetable snacks

BUGS ON A LOG

- Celery
- Peanut butter or light cream cheese
- Raisins
 1. Clean, string and cut celery into 2 inch pieces
 2. Put 1 Tablespoon peanut butter or light cream cheese in the groove
 3. Place raisins on the top to look like bugs crawling on a log

SNAKES IN A BOAT

- Cucumber
- Grated carrots &/or cheese
- Light ranch dressing
 1. Clean, peel/stripe skin, and slice cucumber length-wise
 2. Scoop out the seeds
 3. Fill groove with 1 Tablespoon grated carrot and cheddar cheese
 4. Drizzle 1 Tablespoon light ranch dressing over “snakes slithering in the boat”