



## **Magic Fruit Wands**

Your child can make a little magic by making fruit wands! Grab a few bamboo skewers or paper lollipop sticks; cut up some strawberries, kiwi, cantaloupe, basically, any fruits you have available; and finally, help your child push the fruits onto the sticks or skewers. Keep covered on a cookie sheet in your refrigerator. Anytime your little “chef” wants to pull out a magic wand to enjoy a snack, they will choose the healthy ones they created!

