



Play with your Food!

Just for fun, for this one day, let your child play with their food! Start with a stack of flour tortillas. Put out a few containers of spreadables such as hummus, cream cheese, and peanut butter. Add some peeled carrots and cucumbers, apple slices, peeled oranges, or any foods you would like your child to try! Allow your child to use a plastic knife to cut the fruits and vegetables into the sizes they would like to add to their blank canvas, the flour tortillas. They can make faces, scenes, or patterns with the spreads, fruits, and vegetables, and then give their creations a taste test. Who knows what new favorites will come from being allowed to play with their food!

