



BODY WISE



Butterfly Snacks

Make a healthy, fanciful snack to enjoy when your body needs some energy!

What you'll need for each butterfly:

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| Plastic zipper sandwich or snack bag | Clothes pin |
| Marker to draw eyes or googly eyes | Pipe cleaner |
| Cheese stick (plastic wrapped) | Glue or tape |
| Small snacks (goldfish, cheerios, almonds, raisins, blueberries) | |

How to make them:

Fill the zipper bag loosely with snacks. You can put one type on one side and another type on the other side.

Clip the clothespin about half way on the bag, so that the plastic bag makes the wings and the clothespin is the body. Clip the pipe cleaner on to make antennae.

Glue or draw eyes on the butterfly. You can set the butterfly on a cheese stick or use a little glue or tape to stick it on.

Enjoy this healthy snack! Make several to serve to your family and friends.

