

Fun Food Menu

Courtesy of Bountiful Baskets Food Co-op [Http://www.BountifulBaskets.org](http://www.BountifulBaskets.org)

Roll the dice to find out which Fruit, Main and Veggie you are taking!

Fruits

1. Apple
2. Banana
3. Pear
4. Pineapple Sticks
5. Pomegranate
6. Tangerine

Main

1. Peanut Butter and Jelly
2. Crackers & Meat
3. Cheese & Crackers
4. Meat Sandwich
5. Hard Boiled Eggs

Veggie

1. Celery sticks
2. Carrot sticks
3. Cucumber Slices
4. Broccoli Salad
5. Cherry Tomato
6. Side salad

The Mom Corner:

That Yogurt isn't so crazy with the ingredients when you buy plain. Then Slice your own fruit and add a little natural sweetener like honey or maple syrup if needed. Try making your own Jam and Jelly. Serious money saver, not too hard, and you CAN easily do better than what is in the store! When you look for recipes there are ones that call for boiling apple peels etc. so you don't waste a thing! Add honey or sugar and pectin and go to town! Also keep in mind pear butter or apple butter instead of Jam/Jelly. Often these are nearly unsweetened and can be made in a crockpot!

Remember to use the Bountiful Breads! No Corn Syrup, No Artificial preservatives, Nothing freaky and gross.

Fun Family Meal

Courtesy of Bountiful Baskets Food Co-op [Http://www.BountifulBaskets.org](http://www.BountifulBaskets.org)

Roll the dice to find out which Fruit, Main and Veggie you are taking!

Fruits

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Main

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Veggie

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

The Mom Corner:

That Yogurt isn't so crazy with the ingredients when you buy plain. Then Slice your own fruit and add a little natural sweetener like honey or maple syrup if needed. Try making your own Jam and Jelly. Serious money saver, not too hard, and you CAN easily do better than what is in the store! When you look for recipes there are ones that call for boiling apple peels etc. so you don't waste a thing! Add honey or sugar and pectin and go to town! Also keep in mind pear butter or apple butter instead of Jam/Jelly. Often these are nearly unsweetened and can be made in a crockpot!

Remember to use the Bountiful Breads! No Corn Syrup, No Artificial preservatives, Nothing freaky and gross.