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Picture by: The Simple Parent

# BUTTERFLY SNACK BAGS

**These snack bags will make your child's snack time extra fun!**

**\*Tip:** Decorate the wooden clothes pin a day in advanced to making the baggies.

**Serves:** 2

**Serving:** 1 snack bag of fruits or vegetables  
OR

half a snack bag of nuts or cheese

## WHAT YOU WILL NEED:

- 1/2 pipe cleaner
- 1 wooden clothes pin
- 2 googly eyes
- Washable non-toxic glue
- Finger paint (such as tempera) of any color
- 2 snack-sized bags
- Fill baggie with healthy snacks (e.g. fruits, nuts, low-fat cheese, nuts, vegetables)

## APPROXIMATE COST:

- Total Cost: \$2.47
- Cost per Serving: \$1.23

## INSTRUCTIONS:

1. Have your child decorate the clothes pin with pipe cleaner, paint, googly eyes, and paint however they please. *\*Use glue for the googly eyes\**
2. Choose 2 healthy snack options to put into baggies. Do not stuff bag full, as there will be no room for the clothespin to separate the snacks.
3. Seal the snack bag.
4. Pinch middle of bag and place the middle of the clothespin. *\*Refer to picture if needed\**

## NUTRITION FACTS:\*

- Calories: 42-162 Cal
- Carbohydrates: 6-11 g
- Protein: 1-6 g

*\*Will depend on snacks chosen the information given is for the blueberries and almonds shown in the picture.*