

—2020 LifeWay VBS Children’s Snacks Overview—

Helpful Tips:

- **ALLERGIES:** Be sure that everyone volunteering in the snack area is aware of any known allergies. One suggestion is to have children with allergies wear a different colored lanyard or a colored sticker on their name tag. Do not isolate these children, you want them to feel included. Assign children to sit with them. I strongly suggest staying completely away from peanut butter products. Have gluten free snacks available. There are several gluten free snack suggestions in the curriculum.
- To help engage children while eating their snack have question cards on the table, “would you rather cards,” and/or bible verse cards.
- Remember! You are still reinforcing the bible lesson of the day! Engage with the children as much as you can and train your volunteers to do so.
- **BUDGETS:** Ask Sunday School classes to help with the cost of snacks. If you do not provide theme related snacks that is fine. You can still ask classes to bring cookies and Kool-Aid.
- Important thing is to share and show God’s love. Some of these children are not shown any love at home!
- Have special snacks for your teachers! Keep them hydrated with their favorite drinks and of course always have enough chocolate!!!! If possible, have a special room set aside for them to grab a snack or relax for a couple of minutes.
- The snack cards are full of helpful information! There are gluten free snacks, preschool friendly snacks and meal options if you choose to do a meal.
- The important thing is to know your budget and how much time you have for snacks.
- When figuring how much of each snack you need—look on the back of the package. It will say how many servings are in the package. It then will tell you how much is equal to one serving.
 - Example: On a 10 oz. package of peanut M&M’s—serving size per container is 10. One serving size is 12 pieces. Therefore approximately 120 pieces per package.
 - Then you figure how many packages you need for how many kids you have. You would need 10 packages for 100 kids.

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