Day 3 Snack

Fruit Cup

Introduction for Station Leader:

 Welcome back to Day 3 of VBS! Today’s theme is God provides for us. This concept is shown many times throughout the Bible in a number of Bible stories. Today’s Bible story is of Elijah and the Widow at Zarephath. In this story, God sends Elijah to Zarephath to find a widow that will provide him with food. He finds the widow, but she says she only has enough oil and flour for one more meal. Elijah tells her to cook that, and God will make sure that the oil and flour never runs outs. The widow does as Elijah says, and the oil and flour never runs out. God provides food.

 God not only provides food but also shelter and supplies. In the West, the settlers came out with a few items and had to acquire the rest. They had to build their own shelters and find their own food and supplies. All these items were provided in the wild for their use to survive. This also applies to Native Americans. The land also provided all the materials they needed. Everything was provided.

 Today’s snack is a fruit cup. In today’s Bible story, God provides food. The lesson today is that God provides for us, not just food but anything. In the West, some people took up farming, growing pretty much anything they could. A bountiful crop is a harvest that provides a lot of food. Usually what is in that harvest can be from grains to fruits to vegetables. We are taking on the fruit aspect of that. Even though the fruits in the cup couldn’t be grown in the West, it shows the idea of providing.

Supplies:

* Grapes
* Strawberries
* Blueberries
* Cantaloupe
* Watermelon
* Cups
* Plastic Forks
* Water
* Juice
* Napkins

How to Make the Snack:

 Cut up the fruit and put it into the cup. Here are the amounts of each type that should go into the cup:

* 3 grapes
* 2 strawberries
* 4 blueberries
* 2 chunks of cantaloupe
* 2 chunks of watermelon

Note:

 You will have to modify the snacks if there is an allergy.

Preparation:

* Have the fruit cup prepared by cutting up the fruit and putting it into each of the cups
	+ Once they are made, stick them in the fridge so they stay cold and fresh

Instructions for when the group arrives:

1. Welcome the group back to Day 3 of VBS
2. Explain what the snack is today
	1. Fruit cup
3. Briefly explain how God provides many things including food
4. Get them their drinks
	1. Juice (you pour)
	2. Water (have them get it from the water fountain)
5. Hand out the fruit cups, napkins, and forks
6. Let them eat!
7. This is a time for socialization
	1. Get the children to socialize with each other as they eat their snack
8. When they are done eating, have them throw out their garbage

Cleanup:

* At the end of each group please:
	+ Make sure all garbage is off the table
	+ Clean up any big messes
* At the end of each day please:
	+ Clean up all garbage
	+ Wipe down the table and counter
	+ Sweep the kitchen and under the table