



**WELCOME TO THE
SNACK STATION!**

THE UNITED THANK OFFERING PRESENTS:

GRATITUDE ROCKS!

A Vacation Bible Camp Curriculum Focused on Gratitude, Geology, & Fun

WELCOME!

Thanks for signing up to run the Snack-tivity station for camp! You don't need to be a chef to run the snack station but you do need to love playing with your food. The goal of the snack station is to combine an activity with a snack to keep kiddos fueled and entertained. Each day you'll walk students through a snack-tivity that connects to the theme. Some of these activities can be completed pretty quickly but that leaves time to eat and relax a bit. We'll help you connect that concept to the theme of the day in the "teach" box.

Here's a quick look at your week ahead:

Day One: The Rock Cycle

Snack-tivity: Dirt & Dinos, Trail Mix for the week

Day Two: Metamorphic Rocks & Pressure

Snack-tivity: Rice Krispy Treat Strata, make butter for tomorrow

Day Three: Igneous Rocks & Volcanos

Snack-tivity: English muffins and butter (from yesterday)

Day Four: Sedimentary Rocks & Weathering

Snack-tivity: Fruit Salad or Burrito Bowls

Day Five: Minerals & Gemstones

Snack-tivity: Ice Cream

On the first day you'll help campers make a snack mix that they can keep in a container for when they might be hungry during the week. We recommend using jam jars so you can write the name of each camper on the lids.



ROCK SNACKS??

Snacks are a very important part of camp. Feel free to modify the snacks presented here to fit your crowd, but we encourage you to keep the following things in mind if you do:

1. The snacks listed here avoid the major food allergens but make sure that you accommodate any others that might be unique to your group.
2. We tried to pick snacks that match the theme for the day- if you swap out, try to pick something that also matches.
3. We recommend having extra snacks on hand just in case. Fruit, cheese sticks, goldfish, and water are great extras.

SETTING UP YOUR SNACK-TIVITY STATION:

CREATE THE MOOD

We love when our leaders lean into the theme - so if you have access to an apron and chef's hat we think that would be awesome for this station! With that said, this station can be mobile to meet kiddos where they are, a kitchen cart will be a huge help.

TOOLS YOU'LL NEED

You will need in your space:

1. Access to water for handwashing, refrigerators, freezers
2. jars for snacks, plates or bowls, silverware
3. For English muffins, these can be easily made on a griddle if you don't have access to a stovetop

SENSORY NOTES

Snacks are always fun and exciting, but it is always important to remind kiddos to follow directions, ask for help, and use inside voices. Food can be a trigger. Some kids will do the snack-tivity but not want to eat it, so we recommend having alternative snacks available.

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DAY ONE: DIRT AND DINOS!

Today we're learning about the rock cycle! In other stations, the campers are going to learn about the rock cycle but you're going to help the students visualize geologic time by creating rock strata snacks. This is just a play on dirt and worms, so it should be fun and easy!

Geologists use strata to help date objects found in rocks and rocks. Layers on the bottom are the oldest, at the top are the youngest. The strata also tell geologists how old things are that they find within the rock layers.



DAY ONE: THE ROCK CYCLE

SUPPLIES & NOTES

You will need enough for each camper:

- pudding in a variety of colors/flavors (ex. vanilla, chocolate, vanilla with red food coloring)
- Oreos smashed into "dirt"
- dried coconut dyed green or green cotton candy for grass
- cookie dinos - these are very popular so make sure to check the serving size and decide how many cookies each camper will get in advance
- clear cups so you can see the strata
- spoons
- chocolate rocks to bury along the way (see note)

Supplies for Making Strata Trail Mix:

- Cheerios
- Goldfish
- M&Ms (or chocolate rocks!)
- Pretzels

Note: there are two types of chocolate rocks - one that is actual chocolate and one that is more like a Tootsie Roll. We do not recommend the Tootsie Roll kind because they are very hard to eat, especially when they get cold on the pudding.

TEACH

Today we are going to make a snack that shows us how rock strata form. Strata is just a fancy word that means layers. You've probably seen rocks that look like there are lines on them, this is strata! The oldest layer is always on the bottom, which makes sense, because we have to put it down first. You are going to layer puddings in your cup so you can see how strata forms. Each of you will get a few chocolate rocks that you can bury between layers. Finally, we'll top it with dirt, grass, and dinosaurs.

STRATA TRAIL MIX

Trail mix is making a comeback from Waves of Gratitude! This is a really popular option for campers who might not like all of the foods touching or who might just need a bit of extra energy during the day. Give each camper a jar with a lid where they can make strata trail mix by layering snacks they can eat later. (Or just fill it with their favorite item.)

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DAY TWO: PRESSURE TREATS & BUTTER

Today we're learning about pressure and conflict! In this snack-tivity, campers will use pressure to make rock strata snacks where they can see geologic time (or at least the few minutes it took to make it) and have a tasty treat. We'll also use pressure (shaking) to make butter for our snack tomorrow.

Yesterday we learned about strata or how layers of rock are formed. Today we'll talk about how as those layers get added it causes pressure on the rocks below it and can turn a sedimentary rock into a metamorphic rock over time. We're going to use pressure to smash some treats together. We'll still see the layers, but we won't be able to pull them apart anymore.



DAY TWO: METAMORPHIC ROCK

SUPPLIES & NOTES

You will need:

- Rice Krispy treats
 - preferably homemade with a bit of extra butter to keep them pliable
 - you can add food coloring to make different options for layers (or use cocoa krispies)
 - Spread them out on a cookie sheet to make the layers thinner
- marshmallow fluff
- sprinkles
- chocolate chips
- graham crackers

Note: if you do not have nut allergies, peanut butter (or similar) makes for a great strata layer in the Rice Krispies.

Making Butter:

- 2 Tablespoons heavy cream per camper (needs a high fat content and needs to be as cold as possible)
- salt
- small plastic containers for each camper (or see Pro Tip below)

TEACH

Yesterday we learned about how rock layers form. With each new layer comes increased pressure. Today, we're going to try making strata a different way and apply some pressure. You are going to layer Rice Krispy Treats with some toppings and then press them together to make them one big rock instead of separate layers. Then you get to be a geologist and explore the strata while eating it!

Note: Be sure to let campers know how many layers they can create.

MAKING BUTTER

Today we're going to prepare something that we need for tomorrow - butter. Butter is made by adding a lot of pressure to cream. Each of you are going to get a small container that is filled halfway with cream, it also has a tiny bit of salt. Your job is to shake the container as fast and vigorously as you can. It will take a little bit of time so keep shaking. Soon the sloshing will stop and then it will become a thud - you should have a lump of butter and some remaining liquid at the end. We'll put the butter in the fridge and save it for our snack tomorrow.

PRO TIP BUTTER:

Want to support teamwork? Use pint sized deli containers and put ½ cup of cream in them and have campers work together to shake up the butter!



PRO TIP PRESSURE TREATS:

Want something with less sugar? Swap out the Krispy Treats with bread (or crackers, but they don't smush well) and spreads like sun butter, jelly, and fresh fruit slices.

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DAY THREE: A MUFFIN THAT'S NOT A MUFFIN

Today we are learning about volcanos and things that look like one thing but are another. While we won't be blowing anything up in the snack station, we will be using heat to bake bread. One of the things our students will explore today is the Eucharist, so we wanted to tie in our snack with some easy to make bread that is also very tasty. One of our kids favorite breads is Paul Hollywood's English muffins. The great thing about them is you can make a double batch of the dough (it takes 90 minutes to rise) and then make smaller batches with kids throughout the morning to keep adding to the supply.



DAY THREE: IGNEOUS ROCK

SUPPLIES & DIRECTIONS

You will need:

- 2.5 cups (375g) bread flour
- 1 packet (7g) yeast
- 1 teaspoon (6g) salt
- 1 tablespoon (15g) sugar
- 1 tablespoon (20g) melted butter
- 1 egg lightly beaten
- 1 cup (240 ml) whole milk
- semolina or cornmeal for dusting

Directions:

- scald the milk in the microwave for about 2 minutes or until steaming - then cool to room temperature
- activate the yeast - mix the cooled milk, melted butter, sugar, egg, and yeast. Let it sit until foamy, about 5 minutes.
- mix the dough - in a large bowl combine flour and salt - pour in the yeast mixture and mix until a dough forms (this is much faster if you have a stand mixer with a dough hook)
- knead and proof
 - knead for 8-10 minutes
 - or in a mixer for 5 minutes
- let rise, covered, for one hour or until doubled
- dust the work surface with flour and cornmeal - divide the dough into equal parts (one batch makes 8 big muffins)
- shape each piece into a ball, flatten slightly and place on a dusted baking sheet
- cover loosely and let them proof for 30 minutes

Bake:

- preheat a griddle over very low heat
- cook the muffins for 5-6 minutes per side, flipping once golden brown
- check for doneness with a thermometer - they should reach 190F

Remember the butter we made yesterday? Get it out to serve alongside the muffins!

Note: We also suggest (we know it has yeast!) using a muffin for the Eucharist since the kids helped make it. If your church has a communion bread recipe that you use, you can also make that with the kids instead of (or in addition to) the English Muffins.

An alternative option is to make matzah, which is meant to be made in a rush.

TEACH

Yesterday we made butter to go with our snack today, can anyone guess what we are making? We're making English Muffins. Today we're learning how sometimes things look like one thing but are really another. So English Muffins are not muffins like you might be used to, they're more like bread but made on a skillet. We're going to mix up a batch of bread, and since it has to rise, we're going to bake a different batch to try with our butter. Then you can decide if the English muffin is a muffin or if it is bread. Things aren't always what they appear to be.

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DAY FOUR: CONGLOMERATE ROCK

Today for snack, we're going to look at sediment or how bits and pieces of things can both maintain their own integrity and make a whole new thing. We're suggesting two of our favorite combos - fruit salad or burrito bowls, but you really can make anything where the parts stay distinct while also making a whole new thing (think salsa, soup, etc.). This is to represent the sedimentary rock known as a "conglomerate rock" it is a rock that you can still see the pebbles, dirt, and other materials that collected and formed to create one new rock. If you can find one, this would be a great show and tell.



DAY FOUR: SEDIMENTARY ROCK

SUPPLIES & DIRECTIONS

Fruit Salad

You will need:

- fruit - lots of choices clean, cut and ready to be combined
- powdered sugar (helps to hold it all together)
- bowls
- spoons

Burrito Bowls

You will need:

- beans
- rice
- cheese
- sour cream
- salsa
- meat (optional)
- avocado
- onion

Regardless of what you choose, make sure all ingredients are in separate bowls for campers to decide how to make their conglomerate snack. They get to add all of the individual items to their bowl and can even name their discovery.

TEACH

Today we are going to make a very special snack called a conglomerate. Have you ever heard this word before? Conglomerate is a type of sedimentary rock where you can still see all the things that got smashed together to form the rock. You might see shells, dirt, other rocks, and maybe even fossils in a conglomerate rock. We are going to make a snack that is filled with things that are delicious on their own but even more delicious together. On the table before you, you'll find a variety of ingredients, can you guess what these items make when mixed together?

Here's the great thing about conglomerate rocks, every single one is different because it is made up of all different things. So each of you will get to make your own dish and it will be special to you, so only put in things you like, then stir it together and enjoy!

If you have a conglomerate rock to show the campers you can do so while they are eating or while you are explaining what it is.

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DAY FIVE: ICE CREAM

Today we're finishing up and thinking about minerals and gemstones. The goal is to send our campers back into the world knowing they are loved, and they are gifts. They each have something special to share with the world, and that it is through community that gifts combine to make something great. We couldn't think of a better snack that shows off how things sharing their gifts are better together than making ice cream.



DAY FIVE: MINERALS & GEMS

SUPPLIES & NOTES

You will need for each camper:

- 1 sandwich-sized ziploc bag
- 1 gallon-sized ziploc bag
- ½ cup half-and-half or heavy cream
- 1 Tablespoon sugar
- ¼ teaspoon vanilla extract
- 3-4 cups of ice
- ⅓ cup rock salt
- spoons/bowls/toppings

Directions:

- In the small bag, combine the cream, sugar and vanilla. Seal it tightly and double check!
- In the larger bag, add the small bag, then surround it with the ice and rock salt. Seal the bag.
- Shake! it can take 5-10 minutes to get the cream to freeze.
- Campers need to keep the bag moving to make ice cream, so if their hands get cold, use oven mitts or cotton tote bag to hold the bag
- make sure to wipe off the inner bag so you don't get salt in your ice cream

TEACH

Today we are going to make ice cream. My hope is that this snack will help remind you that we all have gifts and that when we combine those gifts, great things can happen. Today, we need very specific ingredients to make this work. First, we need two differently sized bags. Then we're going to need milk with a lot of fat in it - just like we did when we made butter, the higher fat content will help us transform the milk into ice cream. We also need some flavor, because frozen milk is not as yummy as ice cream, so we're going to add sugar and vanilla. Next, we need to freeze it. Ice alone will not get the milk cold enough so we're going to add salt. Salt lowers the freezing point of ice, forcing it to melt and absorb heat from the cream mixture causing it to freeze quicker. Finally, and perhaps the most important part, in order to make ice cream we need you. You will need to shake all of this so that it freezes evenly. You are very important in this process of making ice cream. So are you ready to combine the potential of all of these ingredients and have some ice cream? I'm going to put on some fun music so we can have a little dance party while we shake our way to ice cream.

PRO TIP:

We decided to try out an ice cream ball as an alternative. While the ball was fun to pass around, even the large one we purchased didn't make an enough ice cream for the group and took about 20 minutes. If you want to use an ice cream ball, you may need more than one, or supplement with ice cream.



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EXTRAS!

In this case, a bonus drink! This drink relies heavily on crushed ice, which makes it great to add as a part of the celebration at the end of camp. The drink embodies the idea that God is always making all things new (from day one) and that sometimes there is something magical hidden inside of very ordinary things. We love the idea of a rockin' potluck to end the week with loved ones. Think of all of the conglomerate dishes folks could bring!



**BONUS
SNACKS!**

COLOR CHANGING DRINKS

Often called Galaxy Lemonade on the internet, this drink takes a tiny bit of prep work, but it is worth it for the results. This is a great task to give to a volunteer to prepare the day before and then bring to camp to serve drinks.

Ingredients:

1. lemon syrup
2. magic ice
3. club soda
4. crushed regular ice

How To...

Lemon Syrup

Because the drink depends on ice to slow the color change, we need to concentrate the lemon flavor.

- Combine 1.5 cups of lemon juice with 2 cups of sugar and bring to a boil on the stove.
- Mix until the sugar dissolves and bring to a low boil for 8-10 minutes to thicken the syrup.
- Remove from heat and add an additional ½ cup of lemon juice, stir to combine and cool. (You can also buy lemon syrup.)

Magic Ice

- Make a batch of butterfly pea tea (either from bags or from the powder) you want it to be a dark blue.
- Freeze the tea - so you can make crushed ice (so cubes, then crush)

To make the drink:

In a clear glass layer in this order:

1. clear crushed ice
2. blue crushed ice
3. pour the lemon syrup over the ice - it should start to make layers with yellow at the bottom, purple in the middle and blue on top
4. add club soda or water to dilute the syrup a bit and help mix the colors.
5. add a bit more blue ice to the top

Note: you can also combine the lemon syrup and clear ice the day before and process in a blender until you have a slushie consistency. This can go back in the freezer - the high sugar content will keep it from freezing solid. Then put the slushie in the cup with the blue ice and the water or club soda. People can stir to make the drink turn purple.



Want to make it more magical? Use tonic water (it will change the taste) instead of club soda and this drink will glow with a black light.

This recipe comes from theflavorbender.com/galaxy-color-changing-lemonade-slushie/

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EXTRAS!

Okay - two more extras...what can we say, we love snacks! These are great treats that a volunteer could make ahead and bring to camp or as a special surprise on the last day of camp at the celebration.

MORE BONUS SNACKS!

EDIBLE AMBER FOSSILS

Early in the week we talk a lot about fossils, but not much about amber. Amber is tree sap that has fossilized and sometimes has a little creature inside. Here's a recipe to make your own amber fossils from education.com.

Ingredients:

1. orange flavored jello
2. empty egg carton
3. cooking spray
4. plastic easter eggs (cleaned, without holes)
5. small gummy candies shaped like fish, bugs, etc.

How To...

Prepare the Eggs

- Wash and dry the plastic eggs
- put the bottoms into the egg carton to hold them upright for you
- spray with a light coating of cooking spray

Make Jello

- Follow the directions on the box
- If the color isn't quite as deep as you'd like, add a drop of red food coloring

Make Fossils

- carefully pour the jello into the eggs - filling them about $\frac{3}{4}$ full
- refrigerate the carton
- when the jello is cool but not set, put a gummy candy in each egg
- leave in the refrigerator until completely firm
- tip out of the containers before serving

CANDY OPTIONS!

True confessions: I hate making candy because I find it really challenging to get it just right, but I love homemade candy because it is always delicious. Ask around at your parish and see if anyone is willing to make candy for the end celebration. Here are some that fit best with our rock theme.

Rock Candy

Rock candy takes 6-7 days to make. It follows the same idea as our egg geodes, sugar is super saturated in water and then as it cools and the water evaporates the sugar reforms on whatever you give it to grow on. There are tons of recipes on the internet and you'll want to take into account your climate when making these.

Fudge

Fudge is a great treat and can easily be shaped into rocks. Changing the flavor can change the rock type.

SWAPS FOR SNACKS

Below are some ideas to add or swap with snacks featured in Gratitude Rocks.

Don't like pudding? Make strata cookies. Start with a chocolate cookie, add chocolate icing, then top with the crushed Oreos, chocolate rocks and dinos.

Don't want to do Krispy Treats? You can purchase a mold to DIY an Uncrustable. Kids can pick what they put inside and then you press the sandwich together.