SNACK LEADER

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Engineering Your Snack Station

Thank you for leading To Mars and Beyond: Explore Where God’s Power Can Take You! Get your mission as Snack Leader off to a great start by following these simple pro tips:

1. **Attend all To Mars and Beyond VBS leader trainings**
   to learn about the program and how your station fits into the overall message.

2. **Equip your Snack Station for potential spills!** Stock your area with:
   - the “Snack Station” sign from the Activity Center Signs and Publicity Pak (post your menu for the day next to your station sign)
   - To Mars and Beyond Tablecloths and/or Wall Coverings to protect surfaces
   - plenty of paper towels and non-toxic cleaners
   - easy access to a sink/water supply
   - an atmosphere of discovery! Help create yours with Cokesbury’s ready-to-hang Decorating Poster Pak, Decorating Mobiles, String Pennants, and more!

3. **Serve water or 100% juice with each snack to help Voyagers stay hydrated, cool, and energized.**
   
   **For extra theme-inspired fun, let your Voyagers try Tang®, the vitamin C-infused orange drink made famous by NASA!**

4. **Easy Shopping Lists**
   Let our online Snack Calculator tool help you with your shopping list! Go to CokesburyVBS.com, select the Tools option, and click on the Snack Calculator tab. Simply select the snack you would like to make, enter the number of Voyagers, and click Calculate. Easy!

5. **Food Safety Alerts**
   Each snack option in this guide lists potential allergen alerts and safe substitutions you can make for your food-sensitive Voyagers.

   - Some kids can have severe reactions to foods even without ingesting them. If one of your Voyagers has such a sensitivity, it’s best to ban that food item entirely from your VBS program.

   - Avoid cross-contamination by designating tools, containers, and prep areas for allergen-free foods only. Clearly label your utensils and make sure all your helpers are properly trained in their usage.

   - If you have multiple kids with similar needs, consider serving safe snacks to the whole class or group. Buying supplies for larger numbers can simplify your prep processes.

**New for 2019!**
See the sidebar of each session for Shortcuts!—special options and steps you can take when you're running low on time or helpers!

Throughout the Bible, food is about more than just nourishing the body. Sharing a meal is a sacred act, and every person is welcome around the table. This welcoming shows acceptance and love to all who come to your VBS program, and these sessions will become sacred in the hearts of your Voyagers.
What to Expect in Your Snack Time Sessions

Each session of this book provides the following tools to help structure your Snack Station. Feel free to adapt this material to fit the size, needs, and demographics of your group. We know that every program, team, and gift set is unique, so make each session your own—and have fun with it!

Preparation
Set your station up for success with steps which not only get you ready to lead and serve, they also create an atmosphere of welcome your Voyagers and Star Guides will feel right away.

Welcome
Greet your Voyagers as they arrive with a few words of welcome and a group question to help them settle in and focus.

Blessing
Each session provides a pre-written blessing for you to speak over your food and group before eating. Feel free to invite volunteers to read these blessings for each group, or to say their own original prayers instead!

Snack Time
Along with your helpers, guide Voyagers as they eat to learn and practice good manners and share space. Once all Voyagers are settled and eating, lead them in a discussion of the Bible Tie-Ins (below).

Bible Tie-Ins
These discussion questions connect your snacks with the Bible story, Vector Verse, and/or Power Launcher for each session (an extra help for kinesthetic and physical learners, especially!).

Optional: Kids in the Kitchen
More and more kids are getting involved in prepping and serving food—a trend that is expanding their palettes to include healthier foods, as well as reinforcing values of manners and servant leadership! If your time and setting allow, consider some of these ideas for getting your kids into the VBS kitchen:

- Reserve some age-appropriate food prep steps for your Voyagers to do before the blessing.
- Encourage Voyagers to prepare and serve plates to their Star Guides before eating for themselves.
- Assign one group of Voyagers at each session to prepare snacks for all the rest.
- Create a rotation within each group so that everyone has a turn to serve, help, and clean up during VBS.
Vector Verse
Glory to God, who is able to do far beyond all that we could ask or imagine by his power at work within us!
-Ephesians 3:20

Shortcuts!
⭐ Omit crackers/cereal and serve only cheese ball snacks.

Bonus Every Day Snack
Mars and Stars Cups

Use as a substitute for any of our other provided session snack ideas, or for a quick and easy theme-inspired snack every day of your VBS!

Ingredients
⭐ mini cheese ball snacks
⭐ star-shaped crackers or cereal

⚠️ Allergen Alerts
⭐ Gluten: substitute gluten-free cereal/crackers
⭐ Dairy/casein: substitute casein-free snacks

Supplies
⭐ space-themed snack cups

Directions
1. Mix cheese balls and crackers/cereal.
2. Pour into cups and serve. So easy!
Special Event Treat
Marshmallow Robot Buffet!

Use as a substitute for any session snacks, or for a fun, intergenerational theme-inspired treat at your End-of-VBS Community Celebration or Follow-Up Event!

Ingredients
- large marshmallows
- mini marshmallows
- small pretzel sticks
- small, metallic-wrapped candies
- chocolate chips, various flavors/colors
- edible eyes and other decorations
- white frosting

Supplies
- serving bowls and spoons
- craft sticks
- strips of paper or card stock
- marker
- tape

⚠️ Allergen Alerts
- Gluten: substitute gluten-free cereal/crackers
- Dairy/casein: substitute casein-free snacks
- Commercial decorations may contain hidden allergens; substitute allergen-free or homemade versions.

Directions
1. Set out ingredients in bowls with serving spoons.
2. Create a sign with a fun name for each element (nuts and bolts, circuit boards, wheels, etc.), then tape it to the top of a craft stick. Adhere the stick to the bowl with tape.
3. Invite your guests to build their own fun marshmallow robot creations!

Vector Verse
Glory to God, who is able to do far beyond all that we could ask or imagine by his power at work within us!
-Ephesians 3:20
Session 1

Bible Story Snacks

Preparation

- Cover tables with tablecloths.
- Set out individual place settings with napkins and cups.
- If allowing students to prepare their own snacks: Set out materials in serving bowls along with safe serving utensils.
- Make sure to follow all food safety considerations for your Voyagers.

Welcome

SAY SOMETHING LIKE:
Welcome to the Snack Station, Voyagers! I’m ___ , and I will be your Snack Station Leader at To Mars and Beyond! Each time we meet, our snacks will help us remember exciting things we are learning about God and the Bible at VBS. Who can share something with us that you’ve learned already? (Allow Voyagers to respond.) Great job, thank you for sharing!

Blessing

SAY SOMETHING LIKE: Before we eat our snacks, we will always pause to say a blessing and thank God for our food and all the good things God gives us. Let’s pray together. (Say the prayer below, or feel free to invite volunteers to pray their own!)
Dear God, thank you for this food and for everything you’ve given us. Please help us use it to trust you and to act in faith, because we know you are with us and will always help us. Amen.

Snack Time

Along with your Helpers, guide Voyagers as they either prepare their own snacks or settle in to enjoy the ones you’ve made. Help them to learn and practice good manners as they eat and share space. Once all Voyagers are settled and eating, lead them in a discussion of the Bible Tie-Ins (below).

Bible Tie-In

- In our Bible story, Daniel prayed to God—just as we did before our snack! Daniel prayed even though he knew he could get in trouble for it. Why do you think praying was so important to Daniel?
- Do you have a favorite prayer you like to say before you eat? Please share it with us!
**Fun & Easy**

**Lion Face Crackers**

**Ingredients**
- graham crackers
- small pretzel sticks
- small pretzel twists
- raisins or chocolate chips
- marshmallow fluff

⚠️ **Allergen Alerts**
- Gluten: Substitute gluten-free crackers and pretzels.

**Directions**
1. Break cracker in half. Spread about 2 Tbsp. of sunflower seed butter on one square.
2. Create mane by fanning pretzel sticks around the edge of the square in the sunflower butter. Press plain square on top to hold in place.
3. Create face using dollops of sunflower butter to place raisins for eyes and a pretzel twist for the muzzle. Stick a raisin in the top of the twist for a nose.

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**Fresh & Healthy**

**Veggies and Hummus Lion**

**Ingredients**
- 10 oz. carton of hummus
- carrot and/or bell peppers
- black olives

⚠️ **Allergen Alerts**
- Commercial hummus may contain hidden allergens; substitute allergen-free or homemade version.

**Directions**
1. Place bowl of hummus in the center of a plate.
2. Cut carrots and peppers into strips. Create mane by fanning carrots and/or pepper strips around the bowl.
3. Create face with black olives and a carrot nose.
Session 1

VBS Theme Snacks

Preparation

- Cover tables with tablecloths.
- Set out individual place settings with napkins and cups.
- If allowing students to prepare their own snacks: Set out materials in serving bowls along with safe serving utensils.
- Make sure to follow all food safety considerations for your Voyagers.

Welcome

SAY SOMETHING LIKE:
Welcome to the Snack Station, Voyagers! I’m ___, and I will be your Snack Station Leader at To Mars and Beyond! Each time we meet, our snacks will help us remember exciting things we are learning about God and the Bible at VBS. Who can share something with us that you’ve learned already? (Allow Voyagers to respond.) Great job, thank you for sharing!

Blessing

SAY SOMETHING LIKE: Before we eat our snacks, we will always pause to say a blessing and thank God for our food and all the good things God gives us. Let’s pray together. (Say the prayer below, or feel free to invite volunteers to pray their own!)

Dear God, thank you for this food and for everything you’ve given us. Please help us use it to trust you and to act in faith, because we know you are with us and will always help us. Amen.

Snack Time

Along with your Helpers, guide Voyagers as they either prepare their own snacks or settle in to enjoy the ones you’ve made. Help them to learn and practice good manners as they eat and share space. Once all Voyagers are settled and eating, lead them in a discussion of the Bible Tie-Ins (below).

Bible Tie-In

- In our Bible story, Daniel prayed to God—just as we did before our snack! Daniel prayed even though he knew he could get in trouble for it. Why do you think praying was so important to Daniel?
- Do you have a favorite prayer you like to say before you eat? Please share it with us!
Fun & Easy

DIY Astronaut Ice Cream

**Ingredients**

- 4 (large) egg whites, room temperature
- ¼ teaspoon cream of tartar
- 1 cup white granulated sugar
- 1 tablespoon vanilla extract

⚠️ Allergen Alerts

- Gluten: Vanilla may contain gluten, substitute other flavorings to taste

**Directions**

1. Preheat oven to 200º. Line a baking sheet with parchment paper.
2. Beat the egg whites at medium-low speed until just frothy, about 45 seconds. Add cream of tartar. Continue beating at medium-high until they are white and thick (like shaving cream), about 2 minutes.
3. Slowly sprinkle in sugar and vanilla, beating to form stiff peaks. (If the peaks do not droop when beaters are turned upside-down, they are ready!)
4. Use a medium cookie scoop to drop meringues onto the lined pan (may need to rinse scoop between drops). Bake for 2 hours; serve cool.

Fresh & Healthy

Astro Zone Fruit Mix

**Ingredients**

- 3-6 pounds of ripe or just overly ripe fruits

⚠️ Allergen Alerts

- Check your roster to ensure you choose fruits to which there are no sensitive or allergic Voyagers.

**Directions**

1. Wash fruit in cold water and remove blemishes, pits, skins (from apples), stems, and/or leaves. Cut and slice fruits evenly for consistent drying times.
2. To minimize discoloration, soak fruit in lemon juice and water for 10 minutes; drain and blot dry.
3. Preheat oven to 140-170º. Arrange fruit in a single layer on nonstick or parchment-lined sheet pans so they do not touch. Cover with a pan liner to prevent curling up as they dry.
4. Place fruit into the oven and rotate pans every 30 minutes for 2 hours. Dried fruit should feel like leather, but still be soft and pliable.
Session 2

Bible Story Snacks

**Preparation**

- Cover tables with tablecloths.
- Set out individual place settings with napkins and cups.
- If allowing students to prepare their own snacks: Set out materials in serving bowls along with safe serving utensils.
- Make sure to follow all food safety considerations for your Voyagers.

**Welcome**

Welcome back, Voyagers! As you know, here at the Snack Station, we love talking about and remembering the exciting things we’re learning at VBS. Who can share with us something new that you’ve learned today? (Allow Voyagers to respond.) Great job, thank you for sharing!

**Blessing**

As always, before we eat, let’s pray together. (Say the prayer below, or feel free to invite volunteers to pray their own!)

Dear God, thank you for this food and for everything you’ve given us. Please help us use it to go beyond our limits and step out boldly for you, because we know you are with us and will always help us. Amen.

**Snack Time**

Along with your helpers, guide Voyagers as they either prepare their own snacks or settle in to enjoy the ones you’ve made. Help them to learn and practice good manners as they eat and share space. Once all Voyagers are settled and eating, lead them in a discussion of the Bible Tie-Ins (below).

**Bible Tie-In**

- In our Bible story, Queen Esther had a banquet prepared for the king and Haman. Who knows what a banquet is? (Allow Voyagers to respond.) Great job! A banquet is a large, fancy meal. Have you ever been to a large, fancy meal? What kinds of things did you eat?
- The Bible doesn’t tell us exactly why Queen Esther invited the king to a banquet instead of just telling him what she needed right away. Why do you think she did that? What do you think you would have done if you were Queen Esther?
Fun & Easy

Queen Esther’s Crown Cookies

Ingredients

- ½ cup salted butter, softened (1 stick)
- ½ cup powdered sugar
- ¼ teaspoon vanilla extract
- 1 cup all-purpose flour
- frosting and/or decorating gel

⚠️ Allergen Alerts

- Gluten: substitute gluten-free flour and flavoring
- Dairy/casein: substitute coconut oil for butter
- Commercial frostings may contain hidden allergens; substitute allergen-free or homemade versions.

Supplies
- crown-shaped cookie cutter

Directions

1. Preheat oven to 350°. Cream butter, sugar, and vanilla; stir in flour and mix until fully incorporated.
2. Move the dough to a well-floured surface. Roll out to about ¼” thickness. Press crown-shaped cutter into the dough to create as many shapes as you can.
3. Bake 10–12 minutes, or to very light brown edges. Cool on pan for three minutes, then move to rack. When fully cooled, decorate as desired.

Fresh & Healthy

Fresh Fruit Crowns

Ingredients

- 1 pineapple, cut to about ½” thick rings
- strawberries, destemmed
- red grapes, halved
- pineapple tidbits
- blueberries

⚠️ Allergen Alerts

- Check your roster to ensure no Voyagers are sensitive/allergic to the fruits; substitute as needed.

Directions

1. Wash and towel off all of your fruits.
2. Place one pineapple ring in the center of each Voyager’s plate. Place other ingredients in bowls with serving utensils on your tables so that all Voyagers can access them.
3. Invite Voyagers to use their creativity and place fruit around the pineapple ring to make their own crowns.
Session 2

VBS Theme Snacks

Preparation
1. Cover tables with tablecloths.
2. Set out individual place settings with napkins and cups.
3. If allowing students to prepare their own snacks: Set out materials in serving bowls along with safe serving utensils.
4. Make sure to follow all food safety considerations for your Voyagers.

Welcome
Welcome back, Voyagers! As you know, here at the Snack Station, we love talking about and remembering the exciting things we’re learning at VBS. Who can share with us something new that you’ve learned today? (Allow Voyagers to respond.) Great job, thank you for sharing!

Blessing
As always, before we eat, let’s pray together. (Say the prayer below, or feel free to invite volunteers to pray their own!)

Dear God, thank you for this food and for everything you’ve given us. Please help us use it to go beyond our limits and step out boldly for you, because we know you are with us and will always help us. Amen.

Snack Time
Along with your helpers, guide Voyagers as they either prepare their own snacks or settle in to enjoy the ones you’ve made. Help them to learn and practice good manners as they eat and share space. Once all Voyagers are settled and eating, lead them in a discussion of the Bible Tie-Ins (below).

Bible Tie-In
1. In our Bible story, Queen Esther had a banquet prepared for the king and Haman. Who knows what a banquet is? (Allow Voyagers to respond.) Great job! A banquet is a large, fancy meal. Have you ever been to a large, fancy meal? What kinds of things did you eat?
2. The Bible doesn’t tell us exactly why Queen Esther invited the king to a banquet instead of just telling him what she needed right away. Why do you think she did that? What do you think you would have done if you were Queen Esther?
Fun & Easy

Build-a-Robot Snacks

Ingredients
- square cheese crackers such as Cheez-Its®
- small pretzel sticks
- gummy snacks
- edible eyes or sprinkles

⚠️ Allergen Alerts
- Gluten: substitute gluten-free crackers and pretzels
- Commercial gummies and decorations may contain hidden allergens; substitute allergen-free or homemade versions.

Directions
1. Place ingredients in bowls with serving utensils on your tables so that all Voyagers can access them.
2. Invite Voyagers to use their creativity and create robot shapes from the materials provided.

Fresh & Healthy

All-in-One Robots

Ingredients
- applesauce cups
- 100% fruit juice boxes
- mini raisin boxes
- optional: cheese sticks

⚠️ Allergen Alerts
- Check your roster to ensure no Voyagers are sensitive/allergic to the items; substitute as needed.

Supplies
- tape

Directions
1. Draw/glue eyes onto upside-down applesauce cups.
2. Use tape to attach applesauce cups to the tops of juice boxes upside-down.
3. Tape raisin boxes to the bottoms of juice boxes.
4. Optional: Tape individually wrapped cheese sticks to the sides for arms. Serve cold.
Session 3
Bible Story Snacks

Preparation
1. Cover tables with tablecloths.
2. Set out individual place settings with napkins and cups.
3. If allowing students to prepare their own snacks: Set out materials in serving bowls along with safe serving utensils.
4. Make sure to follow all food safety considerations for your Voyagers.

Welcome
Welcome back, Voyagers! As you know, here at the Snack Station, we love talking about and remembering the exciting things we’re learning at VBS. Who can share with us something new that you’ve learned today? (Allow Voyagers to respond.) Great job, thank you for sharing!

Blessing
As always, before we eat, let’s pray together. (Say the prayer below, or feel free to invite volunteers to pray their own!)
Dear God, thank you for this food and for everything you’ve given us. Please help us use it to go above and beyond to help others, especially those who are different from us, because we know you are with us and will always help us. Amen.

Snack Time
Along with your helpers, guide Voyagers as they either prepare their own snacks or settle in to enjoy the ones you’ve made. Help them to learn and practice good manners as they eat and share space. Once all Voyagers are settled and eating, lead them in a discussion of the Bible Tie-Ins (below).

Bible Tie-In
1. In our Bible story, what are some things the Good Samaritan did to take care of the hurt traveler?
2. Has anyone ever taken care of you when you were hurt or sick? What did they do for you? Are there any special foods or drinks you like when you are hurt or sick?
Fun & Easy

Helping Hands

Ingredients

- mini cheese ball snacks
- optional: cone-shaped corn snacks such as Bugles™

⚠️ Allergen Alerts

- Gluten/Dairy: substitute gluten- and dairy/casein-free snack options

Supplies

- large clear plastic cooking gloves
- ribbon, string, or rubber bands

Directions

1. Optional: Place one corn snack into each finger of the glove for “fingernails.”

2. Fill glove with puffs, leaving room at the top to close.

3. Gather and seal the top closed with ribbon, string, or rubber band.

Fresh & Healthy

Kindness Cups

Ingredients

- strawberries
- mandarin orange segments
- pineapple tidbits
- white (green) grapes, halved
- blueberries

⚠️ Allergen Alerts

- Check your roster to ensure no Voyagers are sensitive/allergic to the fruit; substitute as needed.

Supplies

- To Mars and Beyond Craft Theme Stickers
- clear plastic cups

Directions

1. Rinse fruits under cool running water. Pat dry with a lint-free towel.

2. Layer fruits by color of the rainbow in each cup.

3. Apply a “Go Beyond with Kindness” sticker (or other stickers with encouraging messages) to each cup.
Session 3
VBS Theme Snacks

Preparation
1. Cover tables with tablecloths.
2. Set out individual place settings with napkins and cups.
3. If allowing students to prepare their own snacks: Set out materials in serving bowls along with safe serving utensils.
4. Make sure to follow all food safety considerations for your Voyagers.

Welcome
Welcome back, Voyagers! As you know, here at the Snack Station, we love talking about and remembering the exciting things we’re learning at VBS. Who can share with us something new that you’ve learned today? (Allow Voyagers to respond.) Great job, thank you for sharing!

Blessing
As always, before we eat, let’s pray together. (Say the prayer below, or feel free to invite volunteers to pray their own!)

Dear God, thank you for this food and for everything you’ve given us. Please help us use it to go above and beyond to help others, especially those who are different from us, because we know you are with us and will always help us. Amen.

Snack Time
Along with your helpers, guide Voyagers as they either prepare their own snacks or settle in to enjoy the ones you’ve made. Help them to learn and practice good manners as they eat and share space. Once all Voyagers are settled and eating, lead them in a discussion of the Bible Tie-Ins (below).

Bible Tie-In
1. In our Bible story, what are some things the Good Samaritan did to take care of the hurt traveler?
2. Has anyone ever taken care of you when you were hurt or sick? What did they do for you? Are there any special foods or drinks you like when you are hurt or sick?
Fun & Easy

Crispy Space Shapes

Ingredients

- 3 tablespoons butter, softened (1 stick)
- 10 oz. package mini marshmallows
- 6 cups crispy rice cereal
- optional: blue and purple food coloring gel
- optional: marshmallow bits and/or edible stars

⚠️ Allergen Alerts

- Gluten: substitute gluten-free cereal
- Dairy/casein: substitute coconut oil for butter
- Marshmallows may contain hidden allergens; substitute allergen-free or homemade versions.

Directions

1. Melt butter over low heat. Add marshmallows; stir until completely melted (3-5 minutes).
2. If using food coloring: Divide mixture into two bowls. Add blue to one and purple to the other; swirl gently. Add 3 cups cereal to each bowl and mix well.
3. Press cereal mixture into the bottom of a greased 9"x13" pan. (If using colors, place alternating handfuls of the colored mixtures into the pan, then press.) Optional: Add decorations to the top and press again.
4. Use cookie cutters to create space shapes.

Fresh & Healthy

Shooting Star Ice Pops

Ingredients

- 1" watermelon slices

⚠️ Allergen Alerts

- Check your roster to ensure no Voyagers are sensitive/allergic to the fruit; substitute as needed.

Supplies

- ice pop/craft sticks
- star-shaped cookie cutter

Directions

1. Cut star shapes from 1"-thick watermelon slices with the star cookie cutter.
2. Insert a popchicle stick through the bottom of each star.
3. Lay shapes out on a wax paper-lined tray or baking sheet and freeze flat for 2-24 hours.
Session 4
Bible Story Snacks

Preparation

1. Cover tables with tablecloths.
2. Set out individual place settings with napkins and cups.
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Blessing

As always, before we eat, let’s pray together. (Say the prayer below, or feel free to invite volunteers to pray their own!)

Dear God, thank you for this food and for everything you’ve given us. Please help us use it to show thanks to those who help and take care of us, because we know you are with us and will always help us. Amen.

Snack Time

Along with your Helpers, guide Voyagers as they either prepare their own snacks or settle in to enjoy the ones you’ve made. Help them to learn and practice good manners as they eat and share space. Once all Voyagers are settled and eating, lead them in a discussion of the Bible Tie-Ins (below).

Bible Tie-In

1. In our Bible story, how did Jesus help the 10 men? How many came back to thank Jesus? Why do you think the others did not?
2. Many cultures around the world set aside a special day every year to remember to be thankful, often with a big feast. Do you celebrate a day of thanksgiving every year? If so, what kinds of food usually go with it? What’s your favorite?

Bible Story
Jesus Heals 10 Lepers
Luke 17:11-19

Power Launcher
Go Beyond with Thankfulness!

Vector Verse
Glory to God, who is able to do far beyond all that we could ask or imagine by his power at work within us!
- Ephesians 3:20 (CEB)

Shortcuts!
Cornucopia Cones
Use plain or pre-decorated cones.
Use pre-made snack mix.

Horns of Plenty
Substitute store-bought pre-mixed fruit.
Fun & Easy
Cornucopia Cones

Ingredients
- conical ice cream cones
- star-shaped or other cereal/crackers
- candies in autumn colors
- Optional: chocolate chips, 1 tablespoon coconut oil, and fall-colored sprinkles

⚠️ Allergen Alerts
- Gluten: substitute gluten-free cones, candies, cereal, and pretzels
- Dairy/casein: substitute casein-free chips

Directions
1. Optional: Melt chocolate chips in the microwave. Dip open ends of cones into chocolate about 1/4", then into sprinkles. Place on wax paper and allow to dry/harden.
2. Place candy mix and cereal into a bowl or large bag; mix well.
3. Fill each cone with candy corn mixture.

Fresh & Healthy
Horns of Plenty

Ingredients
- organic conical ice cream cones
- strawberries, blueberries, raspberries, and blackberries

⚠️ Allergen Alerts
- Gluten: substitute gluten-free cones, candies, cereal, and pretzels
- Check your roster to ensure no Voyagers are sensitive/allergic to the fruit; substitute as needed.

Directions
1. Rinse fruits under cool running water. Pat dry with a lint-free towel.
2. De-stem and slice strawberries.
3. Toss berries lightly together in a bowl.
4. Fill each cone with mixed berries. Serve right away to avoid cones getting soggy.
Session 4

VBS Theme Snacks

Preparation
1. Cover tables with tablecloths.
2. Set out individual place settings with napkins and cups.
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4. Make sure to follow all food safety considerations for your Voyagers.

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Blessing

As always, before we eat, let’s pray together. (Say the prayer below, or feel free to invite volunteers to pray their own!)

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Snack Time

Along with your helpers, guide Voyagers as they either prepare their own snacks or settle in to enjoy the ones you’ve made. Help them to learn and practice good manners as they eat and share space. Once all Voyagers are settled and eating, lead them in a discussion of the Bible Tie-Ins (below).

Bible Tie-In
1. In our Bible story, how did Jesus help the 10 men? How many came back to thank Jesus? Why do you think the others did not?
2. Many cultures around the world set aside a special day every year to remember to be thankful, often with a big feast. Do you celebrate a day of thanksgiving every year? If so, what kinds of food usually go with it? What’s your favorite?
**Fun & Easy**

**Mini Mars Pies**

**Ingredients**
- 🍪 vanilla sandwich cookies such as Golden Oreos®
- 🍭 1 cup chocolate, white, or butterscotch chips
- 🙊 1 tablespoon coconut oil
- 🌟 Optional: red and/or orange food coloring gel

**Allergen Alerts**
- Gluten: substitute gluten-free cookies
- Dairy/casein: substitute casein-free chips

**Directions**
1. Melt chips with coconut oil in the microwave for 30 seconds; stir. Repeat until melted without being too warm (this will help keep chocolate smooth as it cools).
2. Optional: Swirl in food coloring.
3. Immerse cookies completely into the melted mixture; transfer to parchment paper.
4. Once all cookies have been dipped, place them in the fridge for 10-15 minutes.

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**Fresh & Healthy**

**Supernova Fruit Plate**

**Ingredients**
- 🍊 oranges
- 🍓 strawberries

**Allergen Alerts**
- Check your roster to ensure no Voyagers are sensitive/allergic to the fruit; substitute as needed.

**Directions**
1. Cut oranges into slices about ½” thick.
2. De-stem and slice strawberries.
3. Place orange slice in the center of a plate. Fan strawberry slices around it in rays.
Session 5

Bible Story Story Snacks

Preparation

1. Cover tables with tablecloths.
2. Set out individual place settings with napkins and cups.
3. If allowing students to prepare their own snacks: Set out materials in serving bowls along with safe serving utensils.
4. Make sure to follow all food safety considerations for your Voyagers.

Welcome

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Blessing

As always, before we eat, let’s pray together. (Say the prayer below, or feel free to invite volunteers to pray their own!)

Dear God, thank you for this food and for everything you’ve given us. Please help us use it to have and share our hope in you no matter how our circumstances look, because we know you are with us and will always help us. Amen.

Snack Time

Along with your Helpers, guide Voyagers as they either prepare their own snacks or settle in to enjoy the ones you’ve made. Help them to learn and practice good manners as they eat and share space. Once all Voyagers are settled and eating, lead them in a discussion of the Bible Tie-Ins (below).

Bible Tie-In

1. In our Bible story, who joined the two disciples as they were walking down the road? What did they do when they arrived at their destination?
2. Do you ever go on long walks or hikes? How do you feel afterward? What’s your favorite kind of food to share after a long walk or hike?
Fun & Easy

Friendly Trail Mix

Ingredients

- 2 cups star-shaped cereal
- 2 cups candy-coated chocolates such as M&Ms™
- 2 cups raisins, cranberries, or other dried fruit
- 2 cups cheese balls and/or cheese crackers

⚠️ Allergen Alerts

- Gluten: substitute gluten-free cereal and crackers
- Dairy/casein: substitute casein-free candies

Directions

1. Set out each ingredient in a bowl in the center of the table with a spoon in each one. Label the bowls: Voyagers, Star Guides, Station Leaders, Helpers, and Other Friends.

2. Invite Voyagers to spoon a little of each ingredient into their baggies, then mix gently. As they do, remind them that each ingredient represents part of our VBS team: We are all different and good by ourselves, but when we come together, we go beyond to make an even better and amazing mix!

Fresh & Healthy

Friendship Fruit Salad

Ingredients

- 1 cup apple chunks
- 1 cup grape halves
- 1 cup cleaned and cut strawberries
- 1 cup banana slices
- ½ cup plain or vanilla yogurt

⚠️ Allergen Alerts

- Dairy/casein: substitute casien-free yogurt or omit
- Check your roster to ensure no Voyagers are sensitive/allergic to the fruit; substitute as needed.

Directions

1. Set ingredients out around a large bowl at the table. Label them: Voyagers, Star Guides, Station Leaders, Helpers, and other VBS/church team members.

2. Pour each ingredient into the bowl. As you do, remind Voyagers that each ingredient represents part of our VBS team: We are all different and good by ourselves, but when we come together, we go beyond to make an even better and amazing mix!

3. Add the yogurt. This is VBS, which brings us together!
Session 5
VBS Theme Snacks

Preparation
1. Cover tables with tablecloths.
2. Set out individual place settings with napkins and cups.
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Blessing
As always, before we eat, let’s pray together. (Say the prayer below, or feel free to invite volunteers to pray their own!)
Dear God, thank you for this food and for everything you’ve given us. Please help us use it to have and share our hope in you no matter how our circumstances look, because we know you are with us and will always help us. Amen.

Snack Time
Along with your helpers, guide Voyagers as they either prepare their own snacks or settle in to enjoy the ones you’ve made. Help them to learn and practice good manners as they eat and share space. Once all Voyagers are settled and eating, lead them in a discussion of the Bible Tie-Ins (below).

Bible Tie-In
1. In our Bible story, who joined the two disciples as they were walking down the road? What did they do when they arrived at their destination?
2. Do you ever go on long walks or hikes? How do you feel afterward? What’s your favorite kind of food to share after a long walk or hike?

Bible Story
Jesus Comforts Friends on the Way to Emmaus

Power Launcher
Go Beyond with Hope!

Vector Verse
Glory to God, who is able to do far beyond all that we could ask or imagine by his power at work within us! -Ephesians 3:20 (CEB)

Shortcuts!
OOTW Brownies
 Substitute store-bought pre-made brownies or blondies.

Space Cakes
 Use pre-sliced watermelon.

Bible Story
Jesus Comforts Friends on the Way to Emmaus

Power Launcher
Go Beyond with Hope!

Vector Verse
Glory to God, who is able to do far beyond all that we could ask or imagine by his power at work within us! -Ephesians 3:20 (CEB)

Shortcuts!
OOTW Brownies
 Substitute store-bought pre-made brownies or blondies.

Space Cakes
 Use pre-sliced watermelon.

Bible Tie-In
In our Bible story, who joined the two disciples as they were walking down the road? What did they do when they arrived at their destination?
Do you ever go on long walks or hikes? How do you feel afterward? What's your favorite kind of food to share after a long walk or hike?
Fun & Easy

Out-of-this-World Brownies

Ingredients

- 1 box brownie mix of your choice
- edible themed sprinkles or other colorful decorations
- optional: chocolate frosting

⚠️ Allergen Alerts

- Chocolate: substitute blondie or cookie mix and swirl with galaxy food colors
- Gluten: substitute gluten-free cereal and crackers
- Dairy/casein: substitute casein-free candies

Directions

1. Mix brownies according to package directions. If not using frosting, sprinkle the top of the batter with decorations before baking.
2. Bake according to package directions. Let cool completely.

Fresh & Healthy

Watermelon Space Cakes

Ingredients

- 1 small watermelon
- 1 cup whipped coconut cream
- optional: edible stars and/or other space decorations
- optional: chocolate or fruit syrup drizzle

⚠️ Allergen Alerts

Commercial decorations may contain hidden allergens; substitute allergen-free versions or omit.

Directions

1. Rinse fruit under cool running water. Pat dry with a lint-free towel. Remove watermelon rind.
2. Cut watermelon into 1-2" slices. Then use a medium biscuit cutter to create small "cakes" from each slice.
3. Optional: You may also drizzle each cake with syrup and sprinkle with decorations.

Top each watermelon cake with a dollop of cream.