

DAY 1

Cross Trail Mix

Ingredients (8 half-cup servings)

- ☐ 1 c. oyster crackers
- ☐ ½ c. mini pretzels
- ☐ ½ c. veggie straws
- ☐ 1 c. Cheez-Its
- ☐ ½ c. M&M's
- ☐ ½ c. mini chocolate chips

Emerald-ade Drink Ingredients

- ☐ Limeade drink mix, 1 quart for every 5 children

Basic Supplies

- ☐ Measuring cups
- ☐ Large mixing bowl
- ☐ Mixing spoon
- ☐ Baggies or fun cups to serve trail mix in
- ☐ Themed napkins and drink cups
- ☐ Pitchers or coolers

Prep

1. Place all ingredients in a large mixing bowl and stir until fully combined.
2. Scoop into individual baggies or cups to serve. Give each person a napkin on which to make their cross.
3. Prepare the drink according to package directions.

Teaching Tie-In

Before eating, say: **Our snack today is called Cross Trail Mix and comes with a challenge. Take a minute to open up your napkin and see how many ingredients in the trail mix you can place on it to make the shape of a cross. And go!**

How did you do? Take responses. Why do you think we're talking about a cross today at snack time? Take responses. Today, we'll be learning about how Jesus Christ died on a cross for us and rose from the dead so we can know him forever.

Thank God for the snack. While the kids eat, share the conversation starters below or chat about what they've learned during the VBS day so far.

Conversation Starters

- Do you know anything about Ireland? Do you think you'd like to visit there someday? Where else would you like to travel to?
- Would you want to own a sheep? What other animal would you like to own?
- The Bible says God is like a shepherd. What do you think that means?

Tip Corner

- Any combination of crunchy and/or sweet snacks can work as long as they can be made into a cross shape.
- Themed napkins and cups can be in colors of Ireland—greens, whites, oranges—or can have a cross on them.



Super Simple Option

Sour Cream and Onion “Crisps”—Purchase sour cream and onion potato chips (or “crisps” as they say in Ireland) at your local grocery store. Share that potatoes have been a main crop of Ireland and are a popular food that comes in many forms—mashed, baked, even chips! What’s your favorite way to eat a potato? Aren’t you thankful God created potatoes?

Healthy Option

See pictures on page 29.

Sheep Feed—Mix together items reminiscent of the diet of a sheep like Harvest Snaps pea snacks, dried apples, pumpkin seeds, blueberries, and veggie straws.

Tiny Taste of Ireland

This daily feature gives the kids a chance to try some food they might taste in Ireland. It’s fun to give them just a bite of each.

Irish Soda Bread with Dipping Oil—Purchase Irish Soda Bread at your local grocery store or search online

for a recipe and make your own. Serve with a dipping oil made by mixing Italian seasoning and salt with ½ c. olive oil (or more to taste).

Explain the following as the kids eat: **Irish soda bread became popular during the Irish Potato Famine in the mid-1800s because it was cheap and didn’t need yeast, which was scarce at the time. Still today, in some areas of Ireland, people like to cut a cross on top of the bread loaf. The cross has special meaning to Christians, but that wasn’t why people did this. They were superstitious and wanted to let the “fairies” out. Does God want us to be superstitious?** No. He doesn’t want us to believe false ideas but instead to trust him and look to him for salvation and comfort.

Toddler Options

Check the Toddler Snacks for daily suggested snacks with teaching tie-ins.

If you choose to serve other snack options included in this book, make sure they are safe for toddlers, with no choking hazards.

Day 1 Overview		
Lost to Found		
Lesson Focus		Bible Passages
Like David, I can be a child of God and have the Lord as <i>my</i> shepherd.		Psalm 23:1; 1 Samuel 17:34–37
Memory Verse	Animal Pal	Cool Contest
Psalm 23:1	Mia (My-a) the Connemara Sheep	Guess the Rainbow Skittles
Science and Crafts	Treats	Games
Experiments: Sink or Float / Wet Woolly Crafts: Baa-loved Sheep / Keepsake Ornament—Shepherd’s Staff	Cross Trail Mix Sweet Sheep	Gaelic Football Lost Sheep Relay