

# National Network For Child Care (nncc.org)

## BUGS ON A LOG

Make "logs" from any of these foods:

- celery stalks (cut to about 3 inches long)
- apples (cut in halves or quarters with cores removed)
- carrot sticks (cut to about 3 inches long)

Top the logs with a spread:

- cream cheese and pineapple
- cheese and pimento
- peanut butter
- egg salad

Sprinkle "bugs" on the spread:

- raisins
- unsweetened cereal
- sunflower seeds
- golden raisins
- chopped peanuts

**WARNING:** Young children can easily choke on nuts, seeds, popcorn, raw vegetables, grapes, peanut butter, meat sticks, and hot dogs. Do not give these foods to infants. Cut foods into small, easily chewed finger food for toddlers and preschoolers who are still learning to bite and chew. Watch children of all ages closely whenever they are eating.