

**Refreshment Suggestions**  
**For Use in the 2009 Children's North American Mission Study**

*Always check for food allergies before the session. Have children wash hands or use hand sanitizer before preparing and eating snacks.*

**Trail Mix**

You need: Criss-cross corn or rice cereal (like Crispix), peanuts, M&Ms, raisins, small pretzels, mini chocolate chips, granola cereal, zip-top snack baggies, bowls and small measuring cups for each ingredient

You do: Pour ingredients into bowls. Place a small measuring cup in each bowl. Give each child a baggie. Assist each child in selecting, measuring, and pouring ingredients into baggie. Instruct children to shake baggies gently to mix Trail Mix together. Talk about how people who participate in the Iditarod need quick snacks that give them energy. Pray for people involved in the Iditarod to be safe and to hear about Jesus from missions volunteers.

**Snow-Covered Oreos**

You need: Oreos, white almond bark, microwave, microwaveable bowl, wooden spoon, waxed paper

You do: Line work surface with waxed paper. Break up ½ package of almond bark and place in a microwaveable bowl. (Hit the wrapped-up package against the edge of a counter.) Microwave almond bark for 30 seconds, then stir. Heat again for another 30 seconds and stir. Repeat until almond bark is completely melted. Give each child one or two Oreos. Have children hold the edge of the Oreos and dip them into the melted almond bark. Have children shake the excess bark off gently, then place the Oreos onto the waxed paper. The bark will harden in about 10 minutes, then they will be ready to eat. Have a sink or handwipes ready for children to rinse fingers after dipping Oreos. Talk about how cold and snowy it is in Alaska and how dark the night sky is (like the Oreo) for long hours in the fall, winter, and spring. Pray for people who live in Alaska year round to feel encouraged and hear about Jesus.

**Alaska Sundaes**

You need: fish-shaped and bear-shaped graham crackers, "moose tracks" ice cream, spray whipped cream, cherries or colorful sprinkles, disposable bowls and spoons, ice cream scoop

You do: Tell the children they will have a sweet treat that reminds them of Alaska. Tell them that moose, bears, and fish are some of Alaska's most beloved kinds of animals. Scoop ice cream into the bowls. Tell the children that the cold ice cream will remind them of Alaska's cold temperatures. Place two or three graham crackers of each shape around the ice cream. Help children squirt a small amount of whipped cream on the top of their sundae, to remind them of snow in Alaska. If desired, help each child place a cherry or colorful sprinkles on top. Explain that on certain days of the year in Alaska, visitors can see something amazing called the Northern Lights. The Northern Lights are colorful, streaky light displays across the night sky, similar to a colorful sunset, but against a black sky. Pray for tourists to feel God's presence and become interested in Jesus when they see the beautiful sights in Alaska.