The ONIE Project loves finding new and fun ways to eat healthy. It can be hard to get a child to try to eat something new. One way to overcome this is by letting kids play with their food. Food play let’s kids explore new snacks and eat their creations. The ONIE Project put this method to the test with healthy spider much snacks.

**HEALTHY SPIDER MUNCH**

Supplies:
(Body) Cucumbers sliced (1/4 inch thick)
(Legs) Carrots sticks cut in fourths (long ways) or small pretzel sticks
(Glue/guts) Non-fat cream cheese

1. Dry off the cucumbers before giving to the kids (this will make the cream cheese stick better).
2. Smear 1/2 Tablespoon of cream cheese on the cucumber.
3. Have the kids place the legs (carrots or pretzel sticks) on the cream cheese & cucumber.
4. Have the kids smash the other half of the cucumber on top of the legs (like a sandwich).
5. EAT :)