

Soup exchange



This twist on the familiar cookie exchange will encourage healthy eating and cozy warm fun. Plan a soup exchange with your child-care-program families, friends, or neighbors. Ask each family to make a pot of a different kind of homemade soup. Cooking is a great snow day activity for children when they are home from school. Divide each soup among the exchangers, with each family keeping a portion of their own soup. Everyone gets to try a variety of soups with leftovers to use for several lunches. Don't forget to share the recipes with each other!