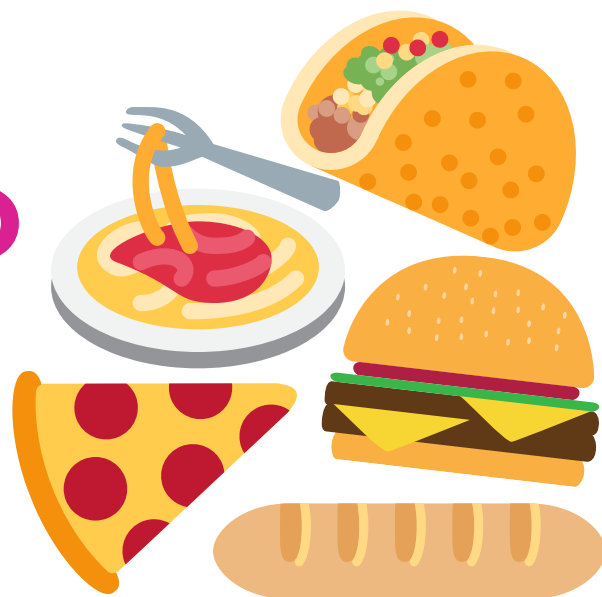


# 10 FAMILY FOOD BARS

Make mealtime an interactive, fun activity with these DIY, customizable food bars where everyone makes their own meal!



## DINNER

1

### TACOS

So many ways to stuff a shell! Start with 1-2 fillings, rice, beans and your family's favorite toppings (don't forget the guacamole and salsa!).

2

### BURGERS

Offer two patty options and assortment of classic toppings for this family favorite food bar.

3

### PASTA

This super simple bar is even easier with store-bought sauces. Serve with a tossed salad and sliced ciabatta and dinner is served!

4

### PANINIS

Kids love to press their own sandwiches. Set out a few bread options, cold cuts, vegetables and spreads and press away!

5

### PIZZA

Everyone loves a pizza party. Roll out refrigerated dough and lay out everyone's favorite toppings to make their own pie.

6

### SUSHI ROLLS

Line up an assortment of fillings (cucumber, avocado, carrots, tofu), have the kids choose and roll their sushi to order!

## BREAKFAST

7

### SMOOTHIES

Set up the blender, frozen or fresh fruit, protein powders and / or seeds (hemp, chia, flax) and your other mix-ins and let everyone blend their own breakfast.

8

### WAFFLES

Sweet or savory? You can do both with a waffle bar that offers both kinds of toppings and sauces!

9

### PARFAITS

All you need is a bowl of dairy-free yogurt, your favorite fresh and dried fruits, nuts, seeds and granola.

10

### AVO TOAST

This is one of my family's favorites! In addition to avocado, include sliced vegetables (cucumber, tomato, radish), lettuces, seeds or nuts, lime wedges and assorted seasonings.