



We ♥ strawberries!

Here at Kellogg's strawberries are our **favourite summer fruits!** They're **super tasty, ultra versatile, low calorie** and **zero fat**, packed full of nutrients and most children love them.

To celebrate our love of strawberries, we've pulled together our favourite fun strawberry facts and crafty activities for you to share with your club this month...

Did you know?

- Just **eight average size strawberries** contain **more vitamin C** than a **satsuma**
- The **strawberry plant** and **raspberry plant** are members of the **rose family**
- Strawberries are the only fruit that **wear their seeds on the outside**. They have **over 200 seeds!**
- The **Romans believed strawberries had medicinal powers** and used them to treat everything from depression to sore throats and even bad breath!
- **Strawberries can also be white and yellow** and can even **taste like pineapples!**
- You should **wait to wash strawberries** until you plan to eat them as rinsing them can speed up spoiling
- **Strange but true...** **Black pepper and balsamic vinegar** are great ways of **bringing out the sweetness** of strawberries – try it for a change!

Getting crafty with strawberries!



Strawberries aren't only delicious, they also make a great basis for lots of great craft activities. We've road tested all of the ones below to make sure **none of them take longer than 15 minutes!**

Strawberry plant pots

Terracotta pots are cheap and versatile. Buy them in bulk, set up some painting stations with red, black and green paint and get the children in your club to create their very own strawberry pots! They're super simple and effective. Just paint the body of the pot red, the rim green and spot away plenty of black seeds. Even better, late June to September is strawberry growing season so the children in your club can use their strawberry pots to plant their very own strawberries in!



Strawberry printing

Encourage the children at your club to make the **perfect summer print** using **halved strawberries dipped in water colour** as printers (think back to potato printing days!) Printed on thick paper this fresh print **makes great wrapping paper** or a unique **summer birthday card**.



Strawberry paper weights

Collect a selection of **flat roughly triangular shaped stones** and invite the children in your club to get creative, painting them up as their very own **strawberry paperweight decorations**. Once they've all been painted up (it's worth doing one first as inspiration for them!), you can paint each of them over with UPVC glue (which can be bought from most craft or stationery shops) to give them a lovely glossy finish.

