

# APPLESAUCE IS FUN TO WEAR: Story Hour Kit

## ABOUT THE BOOK

APPLESAUCE IS FUN TO WEAR

By Nancy Raines Day

Illustrated by Jane Massey

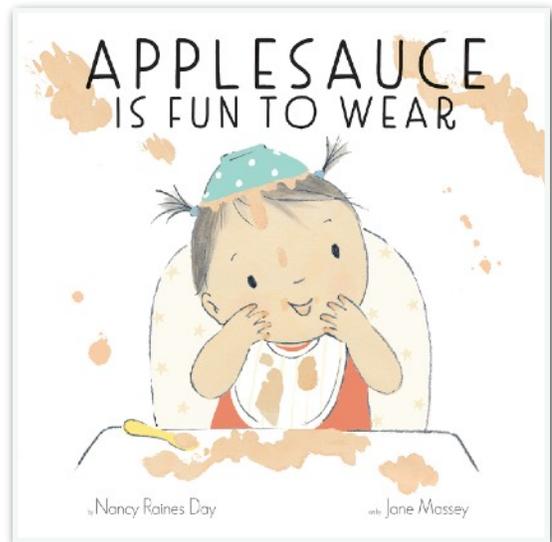
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Distributed by ABRAMS

Age Range: 3 Months to 3 Years

What's more fun than eating your food? Wearing it, and toddlers are especially talented at that. This adorable picture book features a diverse cast of babies making a delightful mess at mealtime.



"In a silly, rollicking rhyme, Day explores the many ways that highchair-time can go awry....In Massey's accompanying illustration, a bowl is upturned on a youngster's head, spoon cast aside, applesauce dripping everywhere. ...Massey provides a diverse cast of little ones in a pale palette, highlighting smears and smudges across tiny faces. They appear against a white background that is the opposite of clean, displaying little handprints and smears....the unbridled joy of messiness shines through....Dive into the spaghetti with gusto."

—Kirkus Reviews



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## ABOUT THE KIT

Not only does this book make a “silly, rollicking” read aloud for baby and toddler story time, but it offers opportunities for remote or in-person healthy eating and art activities. From singing along to finger painting to healthy snacks to eating tips, here is a whole menu of delicious (sticky) hands-on activities for families.

## THE KIT INCLUDES:

### EVENT POSTER & SOCIAL MEDIA IMAGE (Page 4+ Online Download)

Holding a special story time or event to feature this book and use these materials? Share the event with an event poster and/or a social media image. Visit [CuriousCityDPW.com](http://CuriousCityDPW.com) and search “applesauce” for a resource that includes downloadable .jpg images to use in your outreach. The font used on the materials is Tomarik.

### SONG: APPLESAUCE IS FUN TO SING (Page 5)

Two of the pages from this rhyming picture book have the same cadence as the song, “London Bridge is Falling Down.” To give your families something to sing at story time (and maybe even at mealtime), we have provided a printable song sheet.

### ACTIVITY: IS A BIB FUN TO WEAR? (Page 6)

Babies and toddlers may find applesauce fun to wear, but to keep those cute outfits shipshape, we include a cutout bib activity. Bring out the crayons or finger paints and invite wee patrons to scribble and smear. Laminate it for repeated use. Share any permissible photos with [#ApplesaucelsFunToWear](https://twitter.com/ApplesaucelsFunToWear).



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### ACTIVITY: PLACEMATS ARE GOOD TO SMEAR (Online Download)

For a larger canvas for crayons or finger paints, go to [CuriousCityDPW.com](http://CuriousCityDPW.com) and search “applesauce.” The resource page includes an 11 x 17 PDF download of a placemat. The template gives babies and toddlers plenty of space to scribble some dribbles, spills, or handprints. Laminate for repeated use. Share any permissible photos with #ApplesaucelsFunToWear.

### SNACK: APPLESAUCE STICKERS FOR STICKY EATERS (Page 7)

To connect your read aloud to healthy eating, consider giving away single serve containers of organic sugar-free applesauce. If you get the round cups with 2.5” foil tops, we have provided circle cut outs to glue to the tops of the containers.

### TAKEAWAY: APPLESAUCE IS OKAY TO WEAR

#### and OTHER HEALTHY EATING TIPS FROM PEDIATRICIANS (Page 8)

Applesauce is, indeed, fun to wear. But caregivers often wish their kids did not put it in their hair! Despite the sweet mess, the American Association of Pediatrics encourages families to foster self-feeding.\* A takeaway sheet offers healthy eating advice for babies and toddlers and includes the caveat, “You should ALWAYS confirm this and any eating advice with your own pediatrician.”

\*SELF-FEEDING is when we allow older babies and toddlers to use fingers, spoons, and cups to feed themselves. Self-feeding or finger foods can start once your baby can sit up and bring her hands or other objects to her mouth.

# APPLESAUCE IS FUN TO WEAR



This event celebrates the picture book APPLESAUCE IS FUN TO WEAR by Nancy Raines Day & illustrated by Jane Massey (Cameron Kids). Image © Jane Massey. #ApplesaucelsFunToWear

# APPLESAUCE IS FUN TO SING

Sing to the tune of "London Bridge is Falling Down."  
Use the song and the book to point out body parts.

Applesauce is fun to wear  
On your nose, in your hair.  
Applesauce is fun to wear.  
Fill the bathtub!

Scrambled egg is good to smear  
On your head, on your ear.  
Scrambled egg is good to smear.  
Fill the bathtub!

Based on the picture book  
APPLESAUCE IS FUN TO WEAR  
by Nancy Raines Day and  
illustrated by Jane Massey  
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Image © Jane Massey.



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# IS A BIB FUN TO WEAR?

Your young eater may find applesauce far more fun to wear, but to keep that cute outfit shipshape, we offer this cutout bib. Bring out the crayons or finger paints to make this bib as messy as your eater likes. Laminate it for repeated use. Share a photo of your messy eater with #ApplesauceIsFunToWear.



This activity is based on the picture book APPLESAUCE IS FUN TO WEAR by Nancy Raines Day & illustrated by Jane Massey (Cameron Kids). Image © Jane Massey. #ApplesauceIsFunToWear

# APPLESAUCE STICKERS FOR STICKY EATERS

Before applesauce leads to sticky babies, why not stick these labels on the tops of single serve containers of organic sugar-free applesauce? The labeled containers will help connect your read aloud to healthy eating!



This activity is based on the picture book APPLESauce IS FUN TO WEAR by Nancy Raines Day & illustrated by Jane Massey (Cameron Kids). Image © Jane Massey. #ApplesauceIsFunToWear

# APPLESAUCE IS OKAY TO WEAR

## and OTHER HEALTHY EATING TIPS FROM PEDIATRICIANS

Applesauce is, indeed, fun to wear. But as caregivers, we wish our kids did not put it in their hair! Despite the sweet mess, the American Association of Pediatrics encourages us to foster self-feeding. "Self-feeding" is when we allow older babies and toddlers to use fingers, spoons, and cups to feed themselves. Self-feeding or "finger foods" can start once your baby can sit up and bring her hands or other objects to her mouth.

Here are some other things the American Association of Pediatrics (AAP) recommends. You should ALWAYS confirm this and any eating advice with your own pediatrician.



### Introduce solid foods around 6 months of age.

Look for AAP guidance on starting solid foods at: <https://bit.ly/AAPSolidFood>

### Expose babies & toddlers to a wide variety of healthy foods.

Look for AAP guidance on healthy food choices at: <https://bit.ly/AAPNutrition>

### Eat healthy foods alongside your child.

Babies and toddlers are more likely to eat foods they see their peers and caregivers eating and enjoying.



### Don't give up on introducing new foods.

Sometimes it takes a baby 10-15 tries over time before they will actually accept a new food.

### Take time to talk during mealtimes.

Words from conversations, books, and songs are great "food" for a child's growing brain. Mix words into mealtime!

This information was sourced from <https://www.healthychildren.org/> (AAP for Parents) & <https://www.aap.org/> (AAP for Pediatricians). This activity is based on the picture book **APPLESAUCE IS FUN TO WEAR** by Nancy Raines Day & illustrated by Jane Massey (Cameron Kids). Image © Jane Massey. #ApplesauceIsFunToWear