

FRUIT NECKLACES



Ingredients & Scaling:

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
String	12 feet	24 feet	48 feet	96 feet
Needles	6	12	24	48
Strawberries	1 (8.8 oz) container	1 pound	2 pounds	4 pounds
Blueberries	1 (6 oz) container	1 pint	1 (18 oz) container	2 (18 oz) containers
Blackberries	1 (6 oz) container	1 (12 oz) container	2 (12 oz) containers	4 (12 oz) containers

oz = ounce 1 serving = 1 necklace

Preparation:

1. Cut string into 2 ft lengths. Thread kid-safe needle & tie in a knot.
2. Carefully use needle to add fruit to the string in a colorful pattern.
3. When finished adding fruit, tie off string & necklace is ready to enjoy!



Cook Time: 15 min

CACFP Guidelines

1 serving provides
1/2 cup equivalent fruit

• TIP •

Get creative! Make other fruit jewelry like bracelets or even rings.

Nutrition Facts

variable servings per recipe

Serving size 1/2 Cup (73g)

Amount per serving

Calories **30**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 12mg **0%**

Iron 0mg **0%**

Potassium 95mg **2%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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BERRIES



Culture



Strawberries & blackberries have long been important to Indigenous peoples for both nourishment & cultural symbolism. Strawberries held special meaning, celebrated through festivals or dances in spring as symbols of renewal, blessings, thanksgiving, love, happiness & even good luck. June was often called the “Strawberry Moon” as this marked the ripening season.

Strawberries

Strawberries also had practical uses: leaves were used in herbal medicine, berries were mixed with cornmeal to make strawberry bread, sun-dried for winter, or used to flavor soups & meat dishes.



Blackberries

Blackberries were eaten fresh, dried, or used in pemmican; a high-energy food made from ground meat & berries. Their stems were used to dye fabric & make rope. Indigenous peoples have used blackberries for over 2,500 years.



Blueberries

Wild blueberries, one of only three native North American fruits, grow naturally. Native Americans first recognized their versatility & health benefits, using them medicinally & as a natural flavoring.



Works Cited



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Recommended Kids Books:

- *Berry Song* - By Michaela Goade
- *Wild Berries* - By Julie Flett
- *I Can Eat A Rainbow* - By Olena Rose
- *Black Bears And Blueberries* - By Elizabeth Albert-Peacock
- *It's Time for Berries!* - By Tindur Peturs

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