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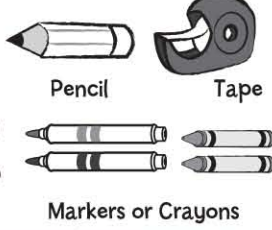
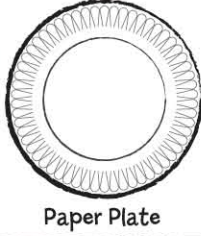
**WHOLE  
KIDS**  
FOUNDATION

Supporting Schools • Inspiring Families •  
Nourishing Kids

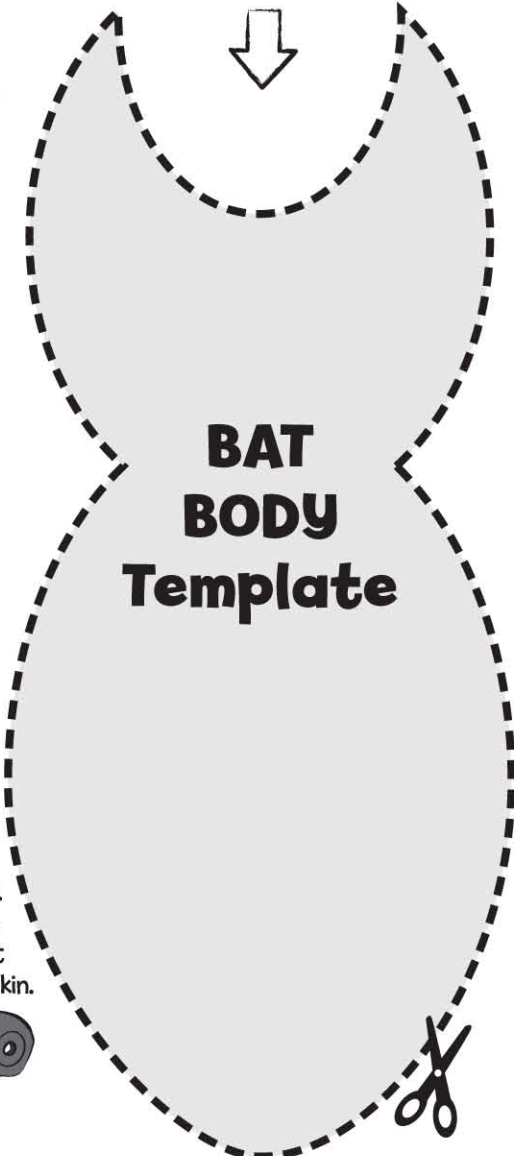
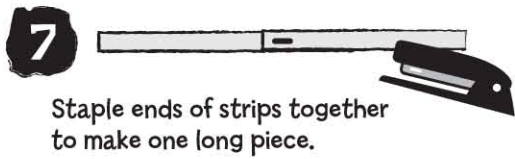
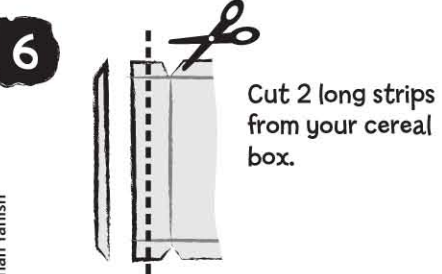
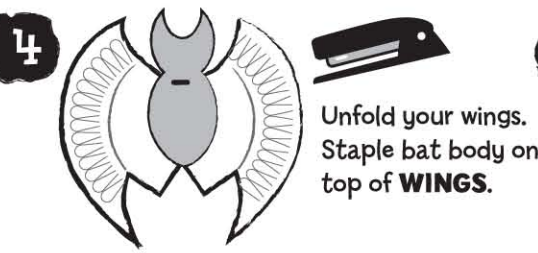
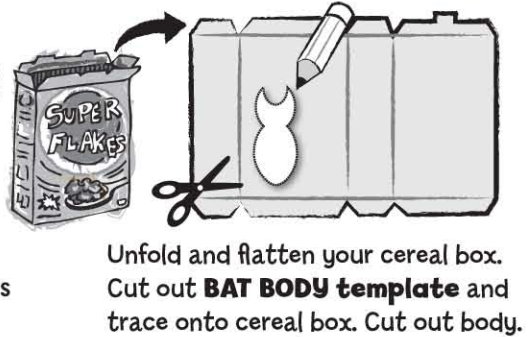
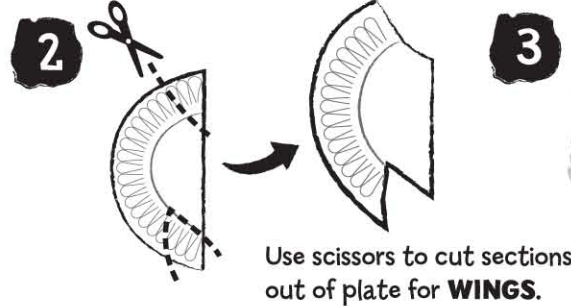
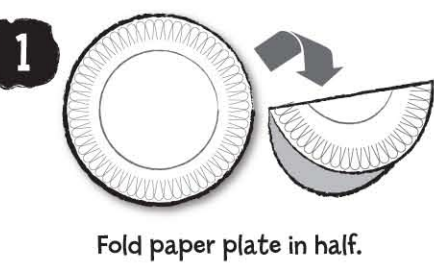


# Build A BAT HAT!

What  
You'll  
Need:



Wings and  
teeth? That looks  
just like my Uncle  
"Flapper."



## Think About It!

- 1 Bats snack on bugs to fuel their flight. What healthy treat/fuel can you eat on Halloween night?
- 2 Can you think of a healthy snack that is made with "bugs?"
- 3 Bats eat locally, traveling only a few hundred meters for a meal. What foods grow close to your home?

Hint: Things you can find at the farmer's market.

Answer to 2 = Bugs on a log;  
Celery stick, peanut butter, raisins

Answer to 1 = Try Berries, Apples and Grapes

