

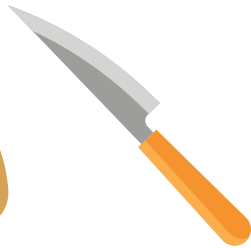


TasteWiseKids

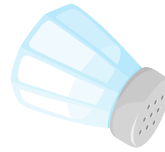
LET'S DO A CRAFT

Potatoes are firm, perfect for making stamps in any shape you'd like. This activity leads you in creating stamps and paint all from edible materials!

What You'll Need



- 1 cup of **Flour**
- 1 cup of **Hot Water**
- 1 cup of **Salt**
- **Food coloring**
- **A Marker**
- **Paper**, or if you're feeling brave, a flat surface outdoors to stamp on.



- **Potatoes**--any kind will work, the bigger the better
- **Paring Knife**--have an adult help you in using this tool
- Optional: **Cookie Cutters**--these might help you make your shapes

Instructions For Flour Paint

Step One

In a bowl, **mix the hot water with the salt** until it is dissolved. This will prevent the paint from getting grainy when we add the flour.

Step Two

Thoroughly **mix in the flour** until it becomes a smooth, thin paste. This is your base paint.

Step Three

If you want to make more than one color, **divide your base paint** equally into smaller bowls.

Step Four

Slowly **add food coloring** to each bowl of your paint base. Start with two or three drops and then mix to see how strong the color turns out. Add more if needed. Feel free to mix colors.

Step Five

Your flour paint is done! It can be stored in the refrigerator for up to one week.



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CARVE A
POTATO

If you want to continue the stamping fun, you can use other things in nature like leaves and pinecones to paint!

Instructions for Potato Stamps

Step One

Start by **cutting your potatoes in half**, either the long way or the short way depending on what size you want your stamp to be. Any time you are using a knife you should have the help of an adult.

Step Two

What shapes will you make? The shape of your stamp may be determined by cookie cutters if you are using them. But if not, it is up to your imagination. You can use a marker to draw your shape on the potato or you can wing it!



Step Three

If using them, press a cookie cutter into the potato until it is about half way deep. Have an adult use a knife to cut away the part of the potato that is outside the cookie cutter. If you have drawn a shape onto your potato, the adult can **cut around the outline**. This way, your shape sticks out. Repeat this with as many shapes as you'd like.

Step Four

Now your stamps are ready to be used. Get the flour paint you made earlier out of the fridge and prepare a place to make your craft. You can **lay down newspaper** under the thing you will be stamping to prevent surfaces from getting too messy.

Step Five

Use your fingers or a brush to **put some flour paint onto the part of your potato stamp that sticks out**. You don't want to add too much paint or the stamp will come out blurry. For a fun experiment, try putting one color on half your stamp and a different color on the other half.

Step Six

Hold the stamp so that the part that sticks out faces down. **Press the stamp onto your paper** or other surface firmly and then carefully lift it away, trying not to move from side to side at all. Look! You made a stamp! Like the paint, these stamps can also be kept in the refrigerator for up to a week and reused (don't worry if they turn a little brown). They make great additions to cards and gifts tags and everything is easily cleaned up!



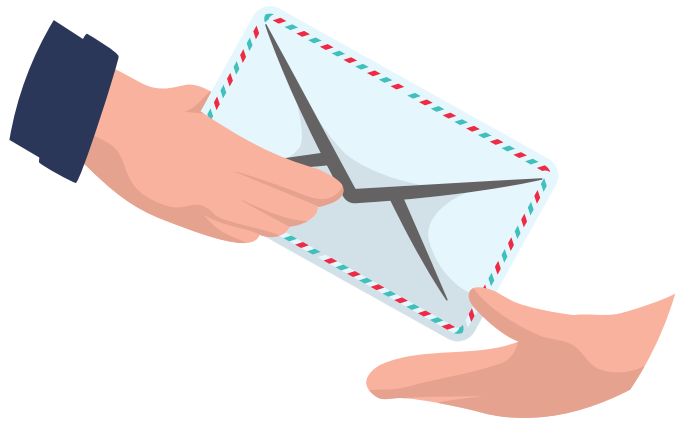
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PAY IT
FORWARD

Like the groundhogs, we're all hoping for sunnier days ahead. Now that you've made some beautiful art, use it to brighten someone's day!

Optional Extra Steps:

You have made some wonderful art, all with ingredients right from your pantry and kitchen! We can't make spring come any sooner, but you can choose to use your crafts to make someone smile. Once it's dry, use a pen or marker to **write positive words** on the page. Find some ideas for words below.



Then, put your art in an envelope and have an adult help you address it and put a stamp on it. You can **send this piece of positivity** to someone you know or to strangers you think might deserve a little bit of sunshine. Find ideas on where to send your art below.

Words of Positivity:

Dream Brave Creative Confident Energetic Fearless
Funny Generous Growing Honest Inclusive Kind Lively
Laugh Loyal Magical Open Passionate Quirky Resilient
Splendid Terrific Understanding Vibrant Worthy



Where to Send Your Art:

Maryland Food Bank
2200 Halethorpe Farms Rd
Baltimore, MD 21227

MCVET
301 N. High Street
Baltimore, MD 21202

Johns Hopkins Hospital
1800 Orleans St
Baltimore, MD 21287

- Leave one for your postal worker
- Bring one to the grocery store for a clerk
- Mail one to your teachers
- Send one to a local nursing home
- Send as a thank you to your favorite restaurant