



Tuesday is All About Color

Fill your kid's day with colorful foods, colorful paints, and color that floats.



EXPERIMENTS

Lava Lamp

Parents, this throwback is for you. Your kids will be mesmerized by a retro lava lamp.

DIRECTIONS

1. Using the funnel, pour 4 tablespoons of ARM & HAMMER™ Baking Soda into the bottle. Shake the bottle a bit to let the baking soda settle into a flat layer at the bottom.
2. Pour in the vegetable oil slowly to avoid disturbing the layer of ARM & HAMMER™ Baking Soda and set aside. You may need more or less depending on the size of the bottle.
3. Pour vinegar into a plastic cup. Add 3-4 drops of food coloring and stir to combine. You can experiment with different colors for a more unique lamp effect. It's your lava lamp, go wild.
4. Use the pipette to add drops of colored vinegar to the plastic bottle. Watch the reaction!
5. Continue to add drops of vinegar until bubbles stop floating to the surface.

NOTE: Careful with food coloring - it stains!

DETAILS

Experiment Time: 10 minutes

Time For You: About 5 minutes
(or just enough time to change out of PJs into sweatpants)

What Your Kids Get: 1 lava lamp

INGREDIENTS & SUPPLIES

- 4 tablespoons of ARM & HAMMER™ Baking Soda
- 1 clear bottle with cap
- 12 oz vegetable oil
- 1/4 cup vinegar
- Food coloring
- 1 plastic cup
- Pipette or eye dropper
- Funnel
- Measuring cup
- Spoon



Rainbow Banana Bread

A colorful twist on homemade banana bread that your kids will love.

DIRECTIONS

1. Preheat your oven to 350°F.
2. In a large bowl, mix flour, sugar, light brown sugar, ARM & HAMMER™ Baking Soda, and salt.
3. In a separate bowl, beat eggs until light. Add vegetable oil, vanilla extract, sour cream, and mashed bananas, mixing thoroughly. The kids will love this part.
4. Sift in dry ingredients and mix to combine.
5. Divide batter into four bowls. Add 12 drops of food coloring to each bowl and mix. The colors are up to the kids – they can go for a rainbow or even a unicorn theme. Let them get creative.
6. Butter or spray a 9" x 13" loaf pan. Spoon the batter into the pan, alternating colors and finish with a topping of sprinkles. Bake for approximately 45-60 minutes. Check at 45 minutes, to see if toothpick inserted in center comes out clean.
7. Cool on racks. Enjoy a slice... one for each hand.

NOTE: Adult supervision recommended

SERVING SIZE & TIMING

Prep Time: 20 minutes

Bake Time: 45-60 minutes

Time For You: 10 minutes (the perfect amount of time to call your friend back)

What Your Kids Get: 8 pieces of banana bread

INGREDIENTS & SUPPLIES

- 1 teaspoon ARM & HAMMER™ Baking Soda
- 2 cups all-purpose flour
- 1/2 cup sugar
- 1/4 cup packed light brown sugar
- 1/2 teaspoon salt
- 3-4 very ripe, darkly speckled bananas, mashed well (about 1 1/2 cups)
- 1/4 cup vegetable oil
- 2 large eggs
- 1/4 cup sour cream
- 2 teaspoons vanilla extract
- Pink, blue, green and yellow food coloring
- Rainbow sprinkles (optional)
- Measuring cup



Chalk Paint

It's a dream come true: chalk that won't leave a mess for parents. Grab the chalkboard or get outside with this fun DIY!

DIRECTIONS

1. In a mixing bowl, combine water and corn starch. Stir until smooth. It will be runny.
2. Add in ARM & HAMMER™ Baking Soda and stir to combine.
3. Divide the mixture evenly into the small plastic cups. You'll want to keep stirring the ingredients so they don't settle – this is a great way to keep the kids' hands occupied and away from your phone. Add food coloring to each cup to make different paint colors.
4. Use paintbrushes to paint pictures on a chalkboard or on the driveway outside. The mixture is thinner than regular paint, but you can use it the same way.
5. The chalk paint washes off easily with water. Wait for the rain or let the kids play with the hose to get some extra time for yourself.

Disclaimer: Careful with food coloring - it stains!

DETAILS

Craft Time: 10 minutes

Time For You: 5-25 minutes
(go ahead and enjoy the iced coffee before it melts)

What Your Kids Get: up to 8 paint colors

INGREDIENTS & SUPPLIES

- 1 cup ARM & HAMMER™ Baking Soda
- 1 cup corn starch
- 2 cups water
- Food coloring
- 8 small plastic cups
- Paintbrushes
- Measuring cup
- Mixing bowl