

Easy Activity Idea: Stamping with Fruits and Veggies

By Erika Murphy, Contributing Writer, Macaroni Kids
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Image credit: Erika Murphy

Looking for a simple, fun, low-cost art activity for your toddler or young child? Try stamping with fruits and vegetables! This easy painting activity requires only a few materials and offers many opportunities for sensory exploration and vocabulary building. Simply set up a large sheet of paper, a plate with a few colors of paint, and some pieces of fruit and vegetables and watch your little one explore! This activity is a wonderful opportunity to discuss the names of different fruits and vegetables, colors, shapes, textures, and more.

Materials Needed:

- Paper
- Paint (I used Crayola Washable Paint in red, green, and yellow)
- Fruits and Vegetables (try to find different shapes and colors for variety)

Please remind your child that these fruits and vegetables are for painting only, not for tasting!



Family Resource Network

978-654-5704; gfortes@commteam.org

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Step One: Cut the fruits and vegetables to create a flat surface with interesting shapes. Here's an example:



Step Two: Pour paint on paper plates. Use a separate plate for each color, or put them all on one plate if your child doesn't mind the colors getting mixed.

Step Three: Dip the fruit or vegetable in paint and press onto paper. (Clean-up tip: spread newspapers or large sheets of butcher paper underneath the artwork.)





Leave flat to dry. Hanging up may cause the paint to run, if it's very wet.



Erika Murphy lives in Westford with her husband and two children. She is employed as an independent college admissions counselor helping high school students with the college application process. When not busy seeking out new activities and outings for her family, she enjoys taking dance classes and photography.



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Lowell Macaroni Kid is a free weekly newsletter and website focused on fun family events and information in the greater Lowell area.

We gather together all kinds of local family events and activities each week, and add useful information about classes, family-focused businesses, book and product reviews, recipes, crafts, school and camp guides and more. We proudly serve 11,000+ families in Lowell, Dracut, Chelmsford, Westford, Tyngsboro, Dunstable, Littleton, Groton, Billerica, Tewksbury, and other surrounding communities.



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