





**Everyone at CAN is missing our participants and families!** But we want to make sure that we are still checking in with you and sharing fun ideas to do at home.

Use this 7-step checklist to follow along with Coach Carly's Banana Sushi recipe!  
Visit [canucksautism.ca/bananasushi](https://canucksautism.ca/bananasushi) if you haven't seen the video yet!

1.	<p>Ask the adult in your house.</p> <p><i>Or if you're a youth or adult who is already comfortable in the kitchen, skip to Step 2!</i></p>	
2.	<p>Wash your hands. Make sure you sing the Happy Birthday song twice!</p> <p><i>Visit <a href="https://canucksautism.ca/handwash">canucksautism.ca/handwash</a> for a helpful video from Coach Robbie!</i></p>	
3.	<p>Get your toppings ready.</p> <p><i>We used cheerios, blueberries, raisins, chocolate chips, and coconut, but you can experiment with other fruits too!</i></p>	
4.	<p>Put your spread on top of the banana.</p> <p><i>We used jam, but you can use peanut butter, WOW butter, yogurt or anything you'd like!</i></p>	

# BANANA SUSHI

## WITH COACH CARLY!

5.	<p>Put your toppings on top of the spread.</p> <p><i>We used cheerios, blueberries, raisins, chocolate chips, and coconut, but feel free to get creative and use whatever you think would look and taste good to complete your banana sushi!</i></p>	
6.	<p>Slice the banana.</p> <p><i>If you are not comfortable using a knife, ask an adult in the house!</i></p> <p><i>Make a claw with your hand like Coach Carly in the video to protect your fingers that are holding onto the banana.</i></p>	
7.	<p>Eat your banana sushi. Enjoy!</p>	