Apple-and-cheddar skewers for a small gathering

Skewer quantity and serving planner on the last page • Free, no signup or purchase.

Untested assembly idea, not a recipe. FigureNook did not prepare it and sets no portion sizes.

What you need

- Apples, washed
- Cheddar cheese, cut into cubes
- Grapes, washed (optional)
- Clean food-safe skewers, a knife and a cutting board
- Lemon juice (optional, for appearance)
- A serving platter (the linked one is optional) and the free planner

1. Count by guests

Write the number of skewers on the sheet. Each skewer takes one apple piece and one cheddar cube, plus one grape piece if you use grapes, so each count equals the skewer count. Sharp skewers are not suitable for everyone.

2. Prepare apple close to serving

Wash the fruit, use clean tools and cut the apples near serving time. A little lemon juice on the apple is optional and changes the flavour; FigureNook makes no food-safety claim for it. Keep the cheese in the refrigerator while you prepare the fruit.

3. Assemble a stable platter

Thread the pieces and lay the skewers flat on the platter, leaving room to pick them up. For young children, skip the skewers: the CDC lists raw apple pieces, uncut grapes and large chunks of cheese as choking hazards, so prepare a separate portion in sizes and textures that suit their age. Perishable food left at room temperature more than 2 hours (1 hour above 90°F) should be thrown away (USDA FSIS). Write when each batch goes out, and when it must be put away, in the out-time log.

Important

For young children, skip skewers: the CDC lists raw apple pieces, uncut grapes and large chunks of cheese as choking hazards. Keep the cheese refrigerated until serving. Perishable food left at room temperature more than 2 hours (1 hour above 90°F) should be thrown away (USDA FSIS).

Tips

- This is an untested assembly idea: FigureNook did not prepare it and sets no portion sizes.
- Optional Lifewit set: four white trays, nominal 14 x 10 in (top 13.5 x 9.5 in); hand wash. Dip bowls, skewers and food are separate and may be items you already own. The printable needs no purchase.
- The PDF and TXT downloads are free, with no account, email address or purchase required. Shopping links are optional and disclosed; product popularity is not a suitability or results guarantee.

Sources

CDC: Choking Hazards (foods that are choking risks for young children)
https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/choking-hazards.html

USDA FSIS: Leftovers and Food Safety (used only for the 2-hour / 1-hour rule)
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

Source note: For young children, skip skewers and prepare apple, grapes and cheese in safe sizes and textures. USDA FSIS is cited in the steps only for the 2-hour rule.

Notice

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Checklist

Guests

Skewers per guest (your choice)

Skewers = guests x per guest

Apple pieces = skewers

Cheddar cubes = skewers

Grape pieces = skewers (if used)

Lemon juice on the apple ☐ yes ☐ no

Young-child portion: no skewers, cut to suit age ☐ done

Labels checked; allergens found ☐ milk (cheddar)

Out-time log

Perishable food left at room temperature more than 2 hours (1 hour above 90°F) should be thrown away (USDA FSIS).

Batch	Put out at	Away by (2 h; 1 h above 90°F)	Done?
1			☐
2			☐
3			☐
4			☐