

# Farm Fresh Challenge

## PROGRAM YEAR 2025



### EDUCATIONAL ACTIVITIES:

Implementing nutrition education through fun activities centered around agriculture is a great way to keep children engaged and improve attendance at your sites. Simple, fun activities such as teaching children basic cooking skills, visiting a local farm or farmers market, helping out in a garden, or learning how food is grown are great ways to incorporate local foods into age-appropriate nutrition education activities.

### WHERE TO START:

- Determine what kinds of activities would work best for the population you serve (age group, group size, etc.) and your site (volunteers, space availability, availability of on-site gardens or nearby farms, etc.). There are many free resources that can be used for educational activities.
- Consider doing some of the following agricultural enrichment activities:
  - Offer [taste test](#) with locally produced foods.
  - Provide [nutrition education](#) or [curriculum](#) on local crops.
  - Host cooking demonstrations using local foods or share recipe cards.
  - Take a field trip to a farmers market or a farm.
  - Invite a farmer to visit your summer meals site.
  - Conduct on-site garden activities.
  - Create and send newsletters home with recipes, farmers market tips, etc.
  - [Hold a Harvest of the Month educational event](#)

### TEACH CHALLENGE:

Host a minimum of **two educational activities** themed around Arizona local food and agriculture.

