

Farm Fresh Challenge

SUMMER 2024



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.). Look at your records or ask your distributor or meal vendor for a report on items you purchase that meet your definition of local.
- Consider doing some of the following agricultural enrichment activities:
 - Offer taste test with locally produced foods.
 - Provide nutrition education 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.

