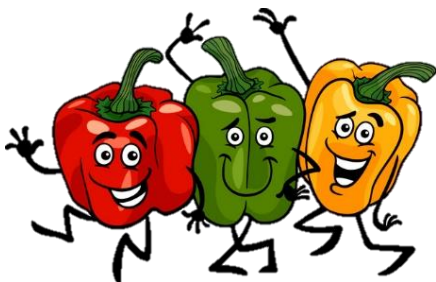
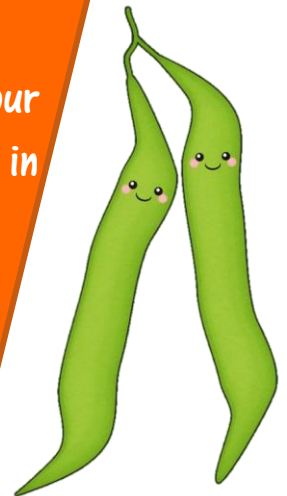




Take Home Challenges

- Bring your child to the grocery store or Red River Farmers Market. Let them choose fruits and vegetables for the week!
- Take time to involve your child in meal preparation. You may be surprised by their willingness to try the food they helped create.
- Pick up a child's cookbook this week from the library and prepare a fruit and/or vegetable recipe with your child.
- Stop by a roadside stand and pick up some fresh, local food for you and your family.
- Want an extra hand in the kitchen? Ask your child to help prepare a meal this week.
- Plan a garden to plant in the spring and summer. Let your child pick the seeds and plants and get them involved in the growing process.
- Let your child choose a local fruit or vegetable to add to a family meal this week.
- Help your child plant some herbs or lettuce in a pot. Water and place in a sunny window.



This institution is an equal opportunity provider.