

# 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.

**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.

Want an extra hand in the kitchen? Ask your **child to help prepare** a meal this week.

Let your child choose a **local fruit or vegetable** to add to a family meal this week.

Help your child **plant herbs or lettuce** in a pot. Water and place in a sunny window.



Visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.