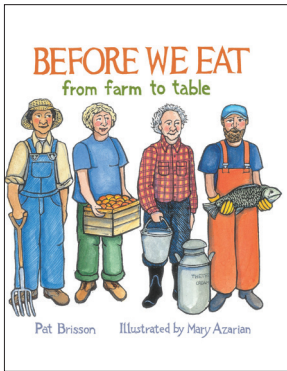




# READ FOR HEALTH



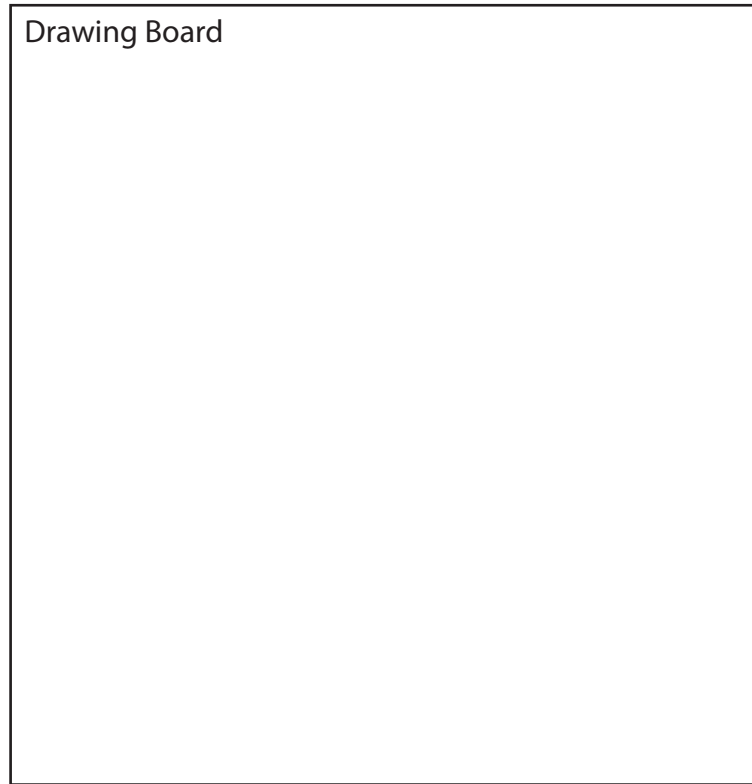
## Farm to Table

There are a lot of steps and people involved in getting food from the farm to the dinner table! Your child learned all about them this week when we read this book in class. We followed it up by tasting fruits and vegetables grown by local farmers!

## Did You Know...

- “Unprocessed” foods, like fresh fruits and vegetables, often have few steps between harvesting and reaching your dinner plate.
- You can often save money on fresh fruits and vegetables by buying them when they are in season. Local produce that’s in-season often costs less and tastes better because it’s been picked recently and doesn’t have to travel far from the farm to your plate.
- You can buy local produce at the grocery store or your local farmers’ market. Many farmers’ markets now accept vouchers or EBT cards to purchase fresh fruits and vegetables. To find a farmers’ market near you, visit <http://www.marylandfma.org/find-a-market/>

## Drawing Board



In class we tried local \_\_\_\_\_ and I:

- Really liked it
- Liked it
- It’s not my favorite, but I will try it again

## Take Action!

How many of the following tips can you and your family check off this week?

- Visit a local farmers’ market this week.
  - Ask the farmers there about how they grow and harvest the fruits and vegetables they are selling.
  - Encourage your children to pick a new fruit or vegetable to try.
- At mealtime, pick a food you are eating and discuss with your child how it got from the farm to your table.
- Start your own “farm” by choosing a vegetable to grow and planting a small container garden with your child.
- Make a meal or snack with your child. Choose a family-favorite dish or visit the following website for a new, low-cost, easy, and healthy recipe: [www.eatsmart.umd.edu/recipe/recipesearch](http://www.eatsmart.umd.edu/recipe/recipesearch)