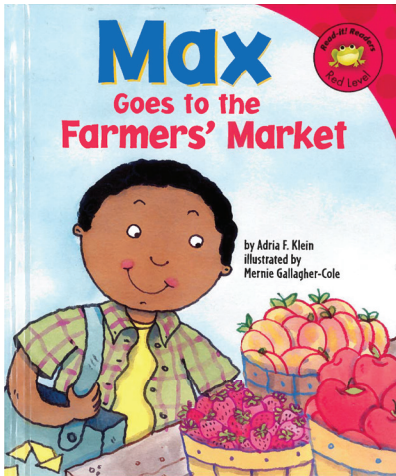




READ FOR HEALTH



A Visit to the Farmers' Market

Your child took a "trip" to the farmers' market this week when we read "Max Goes to the Farmers' Market". In this book, Max and his Mom find all sorts of colorful fruits and vegetables to bring home to eat.

What's So Great About Fruits and Vegetables?

- Fresh fruits and vegetables have lots of vitamins, minerals, and fiber... things your child needs to grow and be healthy!
- Eating lots of different colored fruits and vegetables is a great way to provide your child with a variety of vitamins and minerals.
- The fruits and vegetables at farmers' markets are typically picked that day. That's why they taste so good.

Did You Know...

- There are over 100 farmers' markets in Maryland.
- Many farmers' markets now accept vouchers and EBT cards to purchase fresh produce.
- Visit this website to find a market near you: <http://apps.ams.usda.gov/FarmersMarkets/Default.aspx>
- There are 13 kinds of apples grown in Maryland. The look, shape, flavors, and textures vary with each type. Trying different varieties of the same fruit or vegetable can help you and your children discover your favorites!
- Maryland schools now include more locally grown fruits and vegetables into the school meal. Visit the Farm to School website for more information: www.mda.maryland.gov/farm_to_school



Take Action!

Try these activities with your child. See how many you can check off this week!



- Visit a local farmers' market this week. Encourage your children (and yourself) to choose one new fruit or vegetable to try.
- Involve your children in washing and preparing their fruit and vegetable choices. Children involved in kitchen activities often are willing to try new foods.
- Your children learn from watching you. Eat fruits and veggies and your kids will too!
- Find a book on farmers' markets at your local library to read with your child.