

Use these fun activities to encourage children and young adults visiting your summer site to explore more fruits, vegetables and seasonal Colorado produce! Encourage participation especially during the first weeks of summer with these printouts. You will need a stamp to mark off the passport and/or bingo board. Reward kids with fun and inexpensive prizes as they complete their activities and/or put all participants in a raffle for a larger prize. Ideas for inexpensive prizes: bubbles, chalk, squeeze toys, book marks, sunglasses, stickers, stamps, coloring books, jump ropes, frisbees, etc. Make an effort to serve a variety of fresh, local fruits and vegetables each week. Learn more on the Colorado Department of Education Farm to School and Summer webpage: <https://www.cde.state.co.us/nutrition/nutrifarmtoschool>

FARM TO SUMMER


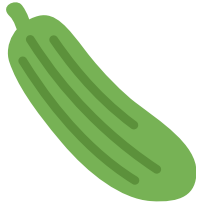
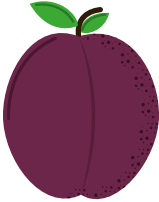

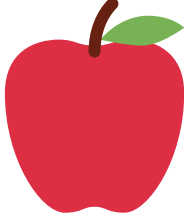
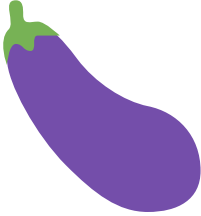

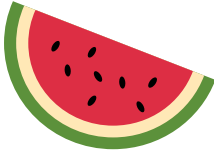
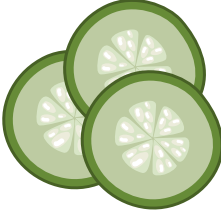
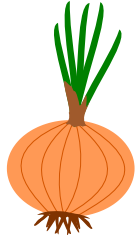






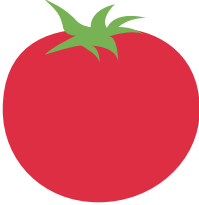
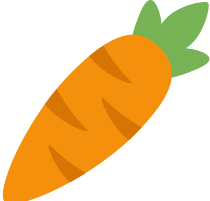
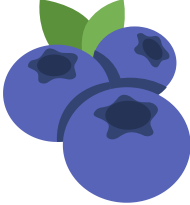
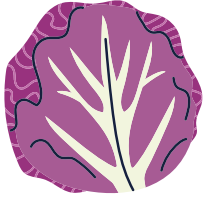
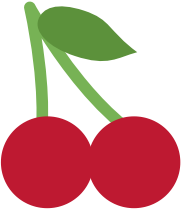
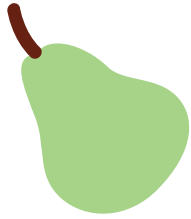
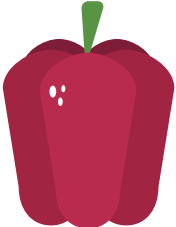
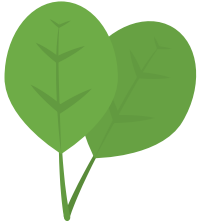



Name: _____

Age: _____

Favorite Fruit: _____

Favorite Veggie: _____

HOW TO PLAY

Fill in the bingo card as you eat fruits and vegetables this summer. Fresh, frozen, dried, canned, or in a recipe - it all counts. Tip: It's fun to try new foods. You don't need to eat the whole thing, just a bite!

Cross out the box with the picture of all the fruits and veggies that you try. Once you complete a line (up, down, across, or diagonal) you win "BINGO". Turn in the card at your summer food site for a prize!

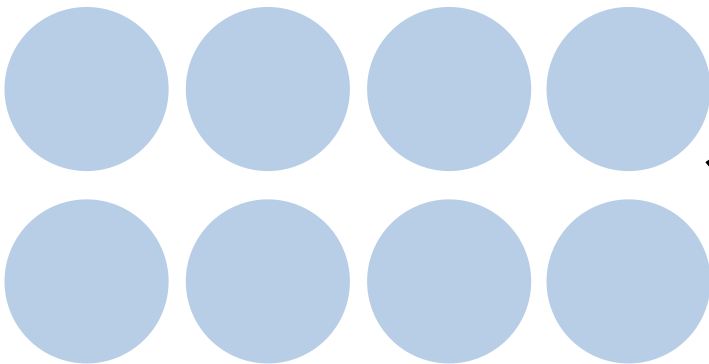
VEGGIES!

FRUITS!

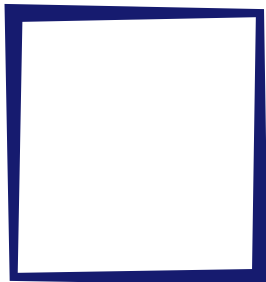


FARM TO SUMMER PASSPORT

Get this stamped every time you try a new fruit or vegetable.
Earn 8 stamps to fill your passport and win a prize!



Draw here!



Name:

Age:

Favorite Fruit:

Favorite Veggie:

My Photo

