

# CREATE WITH FOOD \$ENSE

FARM FRESH FOOD

Increasing Food \$ense participants' use of Utah farmers' markets

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# CREATE FARM FRESH FOOD WITH FOOD \$ENSE

## Welcome

We are excited to continue to offer the *Create Farm Fresh Food* series to Food \$ense participants. This packet includes all the information you need to successfully implement, and evaluate *Create Farm Fresh Food* classes. The goal of this set of classes is to increase SNAP participants' use of local farmers' markets. Markets are a great place to buy fresh fruits and vegetables that offer better taste and nutritional value than many of those found at traditional grocery stores. With the *Double Up Food Bucks*, and *Fresh Fund* incentive programs, shopping at farmers' markets has even become more economical for our target population.

## Class Series

*Create Farm Fresh Food* is to be taught as a four-class series. Each week, participants will gain the knowledge and skills necessary to take advantage of what Utah farmers' markets have to offer. The content is to be incorporated into the *Create Better Health* lessons, with some additional information specific to shopping at farmers' markets which is provided throughout this packet.

In order to fit the farmers' market specific information into the *Create Better Health* lessons, you will replace the physical activity portion with the content found in this curriculum. This is approved for this series only because we are using a different evaluation tool that does not ask participants about intent to change physical activity habits.

## Evaluation

There is a specific *Create Farm Fresh Food* evaluation tool. **This tool replaces the regularly used Participant Behavior Form.** The survey collects the same demographic information as our regular form, but asks additional questions about the use of farmers' markets and intake of fresh fruits and vegetables. *Create Farm Fresh Food* does not have the same objectives as the *Create Better Health* curriculum, and therefore cannot be evaluated using the same form. The form is available on PEARS, so you will report it the same way you report the regular Participant Behavior Forms.

Like all Food \$ense classes, please have participants fill out a roll at every class. Mail the rolls and the paper copies of the survey to the state office.

## Handouts

There are several handouts that can be used during the *Create Farm Fresh Food* series. They can be ordered on the staff order form available on the staff website.

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## Recipes

Each week you should be doing a recipe demonstration that features fresh fruits and vegetables that are available at your local farmers' market. Each lesson has suggested Create concepts (ie: create a soup, create a smoothie, etc.) that will best reflect the content taught in the lesson. But, you are approved to choose the Create concept and recipe you feel fits the best.

Please let me know if you have any questions about conducting the *Create Farm Fresh Food* series. We are really excited about the potential of these classes to give our participants the skills needed to take advantage of the amazing fresh produce Utah's farmers grow. Our participants deserve access to quality food. We hope these classes empower them to utilize the resources available.

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## Series Breakdown

<p><i>Create Better Health Lesson</i></p>	<p>*Topics highlighted in <b>red</b> are provided in this packet, all other material is found in the Create Better Health Curriculum</p>
<p><b>Lesson 1</b> Introduction to My Plate</p>	<p>Include:  <b>Benefits of shopping at farmers’ markets (FM)</b>  <b>Barriers to shopping at FM</b>  <b>Handouts: Harvest schedule</b>  Recommended recipe demonstration: Create a salad or amazing veggies</p>
<p><b>Lesson 2</b> Meal Planning Grocery Shopping</p>	<p>Include:  <b>Meal Planning &amp; Flexibility at the Farmers’ Market</b>  <b>Handouts: Easy FV Swaps, Harvest Schedule</b>  Recommended recipe demonstration: Create a casserole or soup</p>
<p><b>Lesson 4</b> Fruits and Vegetables</p>	<p>Include:  <b>Storing fresh fruits and vegetables (FV)</b>  <b>Freezing FV (demo freezing fruit)</b>  <b>Handouts: Storage Recommendations, Freezing Fresh FV</b>  Recommended recipe demonstration: Create a smoothie or fruity dessert</p>
<p><b>Lesson 8</b> Healthy Eating Patterns</p>	<p>Include:  <b>Benefits of eating together</b>  <b>Overcoming barriers to family mealtimes</b>  <b>Get kids excited about FV</b>  <b>Handouts: Get the Whole Family Involved</b>  Recommended recipe demonstration: Create a Pizza or stir fry</p>
<p>Farmer’s Market Tour</p>	<p><b>Handouts: FM scavenger hunt- you could also hand this out during a class and then review at the next class</b></p>

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## Benefits to Shopping at Farmers' Markets

There are many benefits to shopping at a local farmers' market. Ask your class participants about their favorite things about shopping at farmers' markets. Share any of the following benefits that aren't mentioned.

### Quality

- High quality fresh fruits and vegetables (FV) available.
- FV are fresher than those at stores.
- Very fresh FV often have more flavor and higher nutrient content.
  - Local FV are often sold at their peak of flavor and nutritional value. When FV are shipped long distances and then sit on the grocery store shelf they lose flavor, and nutrients along the way. They also may have been picked before they were completely ripe to lengthen shelf life. FV at farmers' markets are picked within days, and sometimes even hours, of purchase.
- Fresh FV often have more flavor and taste better than those that have travelled long distances.

### Price

- When certain FV are in season, they may be less expensive than in the grocery store.
- You can occasionally get a great deal on FV if you shop at the end of the market day. Remember, you may have less selection if you shop at the end of the market.
- Organic options are often less expensive than at a grocery store.
  - Many growers may not be "certified organic", but follow many organic growing practices. Talk to the grower to find out how they grow their produce.

### Variety

- There is a large variety offered at the markets during the peak of the local growing season.
  - Unique varieties of FV including heirloom tomatoes, winter squash, herbs, greens, etc. that are harder to find in the grocery store.
- Get introduced to new types of FV, and even get to talk to the person who grew it! Farmers are often a great resource for how to use different FV, and may even offer you a sample to taste.

### Support the local economy

- Money spent at the farmers' market stays in the local economy.
- Many markets have regulations on how far away FV sold at the market can be grown keeping produce local.

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## Environment

- On average, food in the U.S travels 1,500 miles to get to your grocery cart. Every mile utilizes fossil fuels, contributing to environmental pollution. FV from farmers' markets travel less, reducing impact on the environment.
- Many small family farms at the markets use fewer chemical fertilizers, pesticides, and herbicides than larger, conventional farms. These chemicals may have a negative impact on our environment and water sources. Talk to the growers to find out their growing practices and philosophies.
- Products sold at grocery stores traditionally have more packaging than those found at markets. Shopping at markets can help reduce the amount of trash you and your family produce.

## Market experience

- Many people enjoy the market environment. Many markets have live music in addition to the great food. Make a day, or half day of it! Meet and mingle with a diverse mix of fellow community members.
- Experience food with all of your senses. The market experience often engages all of your senses. Some growers, as well as other food producers, offer free samples of their products. You can see, taste, smell, and touch new and different foods.
- Farmers' markets are very kid friendly. Bring your kids and let them explore all the products that are grown and made right in their back yard.

**For more information, check out these great online resources:**

USDA's Top 10 reasons to shop at a farmers' market

<https://www.nutrition.gov/farmers-markets>

Farmers' Market Coalition's Celebrating the many benefits of farmers' markets

<https://farmersmarketcoalition.org/celebrating-the-many-benefits-of-farmers-markets/>

USDA's SNAP and Farmers' Market website

<http://www.fns.usda.gov/ebt/snap-and-farmers-markets>

## Barriers to Shopping at Farmers' Markets

There are many well-known barriers to shopping at local farmers' markets which prevent people from going. Ask your class participants what prevents them from going to the farmers' market and see what solutions they can come up with for each barrier. Share any of the following barriers and solutions that aren't mentioned.

### Barrier: Prices

- Prices are sometimes higher at a market than a grocery store. This can depend on the season, type of produce, and other environmental factors.
- Sometimes the prices are actually higher, while other times prices are just perceived as more expensive, but with the right skills and knowledge, you can actually save money by going to the farmers' market.
- Organic options are often less expensive than at a grocery store
  - Many growers may not be "certified organic", but follow many organic growing practices. Talk to the grower to find out how they grow their produce

### Overcoming the Price Barrier

- Take advantage of the *Double Up Food Bucks Program (DUFB)* or *Fresh Fund Program*
  - *Double Up Food Bucks* is an incentive program funded through the USDA, and administered by Utahns Against Hunger, that matches up to \$10 of SNAP benefits to use on fresh fruits and vegetables at farmers' markets. This doubles SNAP recipients spending power at farmers' market!
    - \*Have DUFB fliers available for participants
  - *Fresh Fund* is a program similar to DUFB that is available at the New Roots' Sunnyvale Farmers Market in Salt Lake City.
- Produce at the peak, or towards the end of its season is generally less expensive than at the beginning of its season. So, resist the temptation to buy the first tomato or raspberry you see if it is out of your budget. Chances are the prices will decrease over the next few weeks.
- Occasionally you can get a great deal on FV if you shop at the end of the market day. Remember, if you shop at the end of the market you may also have less selection.

### Barrier: Awareness

- Farmers' markets are often a hidden treasure. Knowing where and when the market is each week can be difficult to find.

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## Overcoming the Awareness Barrier

- Know the exact times and locations of the closest local farmers' markets.
- If possible, show pictures of the local market so they know what to expect.
  - Pictures may be available on market websites, or you can take pictures with your Ipads to share with the class

## Barrier: Transportation

- Getting to the farmers' market and carrying the produce back home can be a challenge, especially without a car.

## Overcoming the Transportation Barrier

- Many local bus routes have stops at/or close to farmers' markets. Look into these routes and share with your participants.
- Bring totes to farmers' markets to help carry produce home. Bring enough totes so everyone can carry a little something, this will lighten the load for everyone.
- Bring a backpack or wagon to carry produce home.

## Barrier: Time of market

- Farmers' markets might only be open during work hours, so participants might not be free to shop during the right hours.

## Overcoming the Time Barrier

- Trade off! Arrange with a friend to trade-off who goes to the farmers' market each week.
- Some local farm stands may have EBT machines, and even offer *Double Up Food Bucks*. Farm stands are often open more regularly than a pop-up market. Look into these in your area and share with your participants.
- Several counties have markets that are during the week, as well as in the evenings. Make sure your participants know the day and time of any farmers' markets in their area. It is easy to assume that all markets are Saturday morning, but that is not always the case.

## Barrier: Navigating the Market

- If someone is new to the farmers' market, it might be difficult to know where to start and how to make the most of their experience.

### **Overcoming the Navigation Barrier**

- Show pictures of the local farmers' market. Describe the farmers' market so participants know what to expect.
- If available, give them a map of the local market and have them label the booths they want to check out including the EBT and *Double Up Food Bucks* site.
- Describe, in detail, how to use the SNAP/Horizon card at the market, as well as the *Double Up Food Bucks*. Make sure you understand the process well, so you give participants correct information.
- Offer the farmers' market tour as one of the classes in the series.

### **Barrier: Knowing What to Purchase**

- Grocery stores typically have promotional items intended to grab the attention of the shopper and inspire them to try new things. At the farmers' market it might not be as apparent, so deciding on what to buy can be challenging and overwhelming.

### **Overcoming the Knowing What to Purchase Barrier**

- Inform participants of the Food \$ense Booth and their featured produce of the day, if available. Encourage participants to also visit the booth, taste the recipe, and chat with the educators.
- Discuss local seasonal fruits and vegetables they are likely to come across, and give them recipes they can make with them. Always make sure the recipe you are demonstrating in class features produce that will, most likely, be available at the market that week.
- During class recipe demos discuss a variety of available FV that could be substituted in the recipe(s) they are taking home.

### **Additional Class Participation Idea**

- Put barriers on small pieces of paper in a bowl and have participants choose out the paper and address how the barrier can be overcome.

### **For more information, check out these resources:**

#### **Farmers Market Coalition's Barriers with SNAP benefits:**

<https://farmersmarketcoalition.org/snap-at-farmers-markets-growing-but-limited-by-barriers/>

#### **USDA's website on SNAP and Farmers' Markets**

<http://www.fns.usda.gov/ebt/snap-and-farmers-markets>

## Storing Fresh Fruits and Vegetables

One of the benefits of shopping at a farmers' market is the FV available are often fresher than those at the grocery store. Fresher FV means you will have a little longer to use them before they begin to go bad. It is still recommended, however, to use most fresh produce within 1 week of purchase. This will ensure you are able to *use it, before you lose it*, and you'll get the most nutritional bang for your buck.

Knowing proper storage conditions for different FV, as well as which ones tend to go bad more quickly, will help reduce the loss of your farm fresh food. On the next page, you will find a reference table with the amount of time produce will generally store, as well as storage conditions to prolong its life.

It is always a good idea to make a menu plan and shopping list before shopping at a grocery store, or a farmers' market. When planning to use your produce be sure to use things that have a shorter storage time (ie: leafy greens, berries, etc.), before you use things that last longer (cucumbers, squash, peppers, etc.). Planning your meals around the produce you have on hand, or those you plan to purchase will not only help increase your intake of FV, but also reduce the amount you throw out. Remember, throwing food in the garbage is, essentially, throwing away money.

Due to the variability of the growing season, you may find it difficult to plan exactly what produce you are going to buy at the market. What you have planned may not be available, or there may be something that looks better, or is more economical. It is important to be flexible with your purchases when shopping at farmers' markets. Flexibility will allow you to get the best produce for the best price. If you end up with something you didn't plan, be sure to use the storage information to make sure you use it before it goes bad.

**Fruit & Vegetable Storage Recommendations** (Handout available on staff website)

Produce	Storage time	Storage recommendations
Apples	1-2 months	<ul style="list-style-type: none"> <li>• These items can be kept at room temperature to ripen.</li> <li>• Refrigerate (40°F) for a longer life. DO NOT refrigerate tomatoes until fully ripened.</li> <li>• Store these fruits away from other produce. They may cause other produce to rot.</li> </ul>
Apricots	1-2 weeks	
Peaches	2-3 weeks	
Pears	3-4 weeks	
Melons	1-2 weeks	
Tomatoes	1-2 weeks	
Cherries	1-2 weeks	<ul style="list-style-type: none"> <li>• Keep these items refrigerated (40°F).</li> <li>• For higher quality, cover with a damp paper towel.</li> <li>• Do not wash until ready to use.</li> </ul>
Fresh herbs	1 week	
Leafy greens	1-2 weeks	
Raspberries	1 week	
Strawberries	1 week	
Beets	2-3 weeks	<ul style="list-style-type: none"> <li>• Keep these items refrigerated (40°F).</li> <li>• For better quality, these can be stored in an unsealed or vented plastic bag.</li> <li>• Other produce in this group includes oranges, celery, radishes, and parsnips.</li> </ul>
Carrots	2-3 weeks	
Corn	1 week	
Peppers	1-2 weeks	
Summer squash	1-2 weeks	
Cucumbers	1-2 weeks	<ul style="list-style-type: none"> <li>• These items are easily damaged by cold.</li> <li>• Keep these items refrigerated (40°F), but check daily for signs of rot. The fridge door is best.</li> <li>• Do not wash until ready to use.</li> </ul>
Green beans	1 week	
Eggplant	1 week	

## Freezing Fresh Fruits and Vegetables

Despite the best intentions, sometimes we buy more fresh produce than we can use. Freezing is a quick, simple, and cost effective way to save farm fresh fruits and vegetables until they can be used. Freezing does change texture, making FV much softer than their original form. While they may not be ideal for a fresh, crisp summer salad, they are a great addition to soups, casseroles, omelets, fruit crisps, and smoothies, just to name a few. Freezing FV is a great way to have a taste of summer during the long winter.

Freezing FV is simple. Follow these simple steps to freeze most things. On the next page you will find fruit and vegetable specific guidelines.

1. Always choose high quality, fresh FV. Freeze the produce before the FV are shriveled and wilted.
2. Wash the FV. Cut FV into desired size, if necessary.
3. Blanch the fruit or vegetable\*. Blanching is a cooking method in which you put food into boiling water for a short time, and then transfer to a bowl or sink filled with ice water. Blanching deactivates enzymes in the fruit or vegetables. Blanching prevents the loss of color and flavor during storage, resulting in a better looking and tasting product. It also helps prevent vitamin loss, and softens the FV making them easier to store.
4. Pat blanched FVs dry with a clean dish towel or paper towel.
5. Spread FV in a single layer on a baking sheet that will fit in your freezer.
6. Once frozen, remove the frozen FV from the baking sheet. Put in a freezer bag or other air-tight container. If you do not have a baking sheet, you can freeze FV right in a freezer bag. Once the bag is full, lay it flat in your freezer until frozen, so FV don't freeze in one large chunk.
7. Label with name and date. For best results, use within 1 year of freezing.

\*\*Note: Not all fruits and vegetables require blanching before freezing. See the following sheet for which ones freeze fine without the blanching step.

**Freezing Fresh Fruits & Vegetables** (Handout available on staff website)

Produce	Freezing	Blanching Time (once the water returns to a boil)
Apricots	Blanched halves, quarters, slices, or jam	30 seconds
Apples	Blanched slices, cubes, or jam	30 seconds
Beets	Blanched cubes	3-5 minutes
Carrots	Blanched slices or cubes	2 minutes
Cherries	Pitted whole or halves	Not required
Corn	Blanched kernels	4 minutes
Cucumber	Grated	Not required
Eggplant	Grated or blanched slices	4 minutes for slices Not required for grated
Garlic	Grated or pureed	Not required
Green beans	Blanched pieces	3 minutes
Herbs	Minced	Not required
Onions	Sliced or minced	Not required
Peaches	Blanched slices, cubes or jam	30 seconds
Peppers	Slices, rings, or cubes	Not required
Potatoes	Cooked then grated	Not required
Raspberries	Whole or jam	Not required
Strawberries	Halves, slices, or jam	Not required
Summer squash	Grated	3 minutes
Tomatoes	Diced or cooked sauce	30 seconds for diced tomatoes Not required for cooked sauce

## Meal Planning and Flexibility at the Farmers' Market

The farmers' market has a beautiful variety of FV that often changes on a weekly basis. Although the variety is exciting, it can be difficult and overwhelming to come up with a menu without knowing beforehand what will be available. Discuss with the class participants the following tips for planning meals around the farmers' market.

- Plan the non-vegetable dish for each meal and then choose the vegetable after getting to the market
  - Example:
    - Menu: Chicken, couscous, roasted vegetables
    - Market Shopping List: vegetables for roasting, herbs for chicken & couscous
- If the farmers' market has a booth with recipes, like the Food \$ense booth, plan on picking up the recipe at the beginning of the market and look for the ingredients (if it is something you would like to make at home).
- Know what produce is in season and plan dishes that would go well with that produce. See the Harvest Schedule to predict what will be available when. Remember that this availability is always subject to change based on the growing season.
- Reverse your menu planning. Shop for produce at the market first, and then make a menu for the next week based off of what you purchased. This will help ensure you use what you already have, increasing your intake of FV and reducing food waste.
- Bring your menu with you when you shop so if something is available at the market that you really want, you can look at your menu to see where it would fit.
- Be creative! Plan your menu based on color or type of vegetable rather than the actual dish until after the farmers' market. This is a fun game to involve kids in!
  - Example:
    - Menu: Pasta salad with red, green, and purple vegetables
    - Market Shopping List: red, green, and purple vegetables
  - Example:
    - Vegetable Feature: Zucchini
    - Menu: Pasta Primavera with grilled chicken, zucchini & carrot muffins for breakfast
    - Market Shopping List: zucchini, carrots, onions, garlic, parsley.

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## Easy Fruit and Vegetable Swaps (Handout available on staff website)

If the farmers' market doesn't have what is on your menu, use one of these easy substitutes, or try a swap of your own. Being flexible with your menu planning and shopping will allow you to get the best products for the best price.

Recipe Calls For	Try This Instead
Potato	Carrots, yams, sweet potato, beets
Onion	Shallot, leeks, chives, scallion
Yellow Squash	Zucchini, any type of summer squash, cucumber
Beets	Golden beets, red cabbage, tomato, radish
Bok Choy	Kale, beet greens, dandelion greens, spinach, Swiss chard
Broccoli	Cauliflower, green cabbage, Brussel sprouts
Cabbage	Brussel sprouts, asparagus
Cucumber	Celery, zucchini
Eggplant	Portobello mushrooms, zucchini
Spinach	Kale, Swiss chard, romaine lettuce
Apples	Pears, grapes, cherries
Blueberries	Any type of berry!
Peaches	Nectarines, plums, soft pears

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## Harvest Schedule (Handout available on staff website)

Although each growing season is different, here is a list of when you are likely to find some of your favorite items at your local farmers' market. Chat with your local grower to find out exactly when certain items will be ready in your area this year.

Crop	May	June	July	Aug	Sept	Oct
Apricots			X			
Arugula		X	X	X	X	
Basil		X	X	X	X	
Beets		X	X	X	X	X
Broccoli		X			X	X
Cabbage			X	X	X	X
Carrots		X	X	X	X	X
Cucumbers		X	X	X	X	
Eggplant			X	X	X	
Garlic			X	X	X	X
Garlic Scapes			X			
Greens (chard/kale)	X	X	X	X	X	X
Green beans		X	X	X	X	
Melons			X	X	X	
Onions		X	X	X	X	X
Peaches				X	X	
Peppers			X	X	X	X
Potatoes			X	X	X	X
Raspberries			X	X	X	
Summer Squash		X	X	X	X	X
Sweet Cherries			X			
Tomatoes			X	X	X	X
Winter Squash				X	X	X

## **Family Mealtime**

Having meals together as a family is known to build healthier lifestyles, improve behavior, and strengthen relationships. Family meals also help children develop healthy food habits at a young age. Discuss with class participants the benefits of family meals, how to overcome a busy schedule, ways to get kids excited about FV, getting the whole family involved with the mealtime process, as well as some fun ideas for the actual meal.

### **Benefits of eating together**

#### Health Benefits

- Lower obesity rates in children (Fulkerson).
- More likely to increase fruit and vegetable intake (Gillman, 2000).
- Children are more likely to make healthier choices outside of the home (Gillman, 2000).
- Children engage in fewer risky behaviors including as alcohol abuse, sexual behaviors, and drug use (Utter, 2013).
- Lower depression rates in children (Utter, 2013).
- Children are less likely to struggle with disordered eating.

#### Child Benefits

- Improved self-esteem (Utter, 2013).
- Perform better academically (Utter, 2013.)
- Develop larger vocabularies (Quarmby, 2013).

#### Family Benefits (Utter, 2013)

- Relationships are developed and/or improved.
- Improves family functioning.
- Children communicate better with parents.
- Children have a better understanding of family expectations.
- Families feel more connected with each other.
- Families spend less money on food by eating at home more frequently.
- Parents can role model healthy eating behaviors.

## Overcoming Barriers of a Busy Schedule

Busy schedules are one of the most common barriers to eating meals together as a family. Share the following tips with class participants to help them overcome this barrier.

- Put it on the calendar
  - When you put your family mealtime on the calendar, it is more likely to happen. Remember that mealtime doesn't have to be every day and doesn't have to be for dinner. If it works out better have breakfast together, plan a couple family breakfasts during the week.
- Involve the family
  - Involving the family can help save time for everyone and provides extra bonding moments. Involve the family in the planning, preparation, and clean up of family meals.
- Cook once, eat two or three times
  - When you make a meal, double or triple the recipe so you can just reheat and serve leftovers later in the week.
  - Cook some meal ingredients in bulk and then use them for different recipes throughout the week. For example, if you are barbecuing chicken on Sunday, cook some extra and use it on Tuesday for a chicken Caesar salad.
- Prepare produce right after the market
  - After picking up your produce at the local farmers' market, clean, chop, and package what you will need for a few days. This makes it easier to prepare a healthy meal when time is limited. You are also more likely to use the produce before it goes bad.
  - Place some washed, diced fruit and vegetables in the refrigerator easily accessible as a quick snack. People are much more likely to eat melon if it is already cut and ready to eat.
- Plan a Cooking Day
  - Gather several family members together and prepare several meals that can be put in the freezer. Things such as soups, casseroles, and stir-fries can all be prepared ahead of time and put in the freezer.
    - Examples:
      - Cut up vegetables for sandwiches so they are easy to assemble.
      - Put together a lasagna and put it in the freezer.
      - Portion out ingredients for an omelet to quickly throw together on the griddle.

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## Getting Kids Excited about Fruits and Vegetables

Family meals are a perfect time to get your family excited about FV. The beginning of healthy food habits can take place when everyone is gathered together. Here are some tips on how to create a positive family mealtime experience:

- **MyPlate learning:** Show a MyPlate diagram and see how many food items everyone can name from each food group.
- **Fruit and vegetable speed round:** Go around the table and name a fruit or vegetable quickly. The first person to take more than 5 seconds to name one is out.
- **Get kids involved in prep:** Have kids help prepare the vegetable dishes so they have a better appreciation for the food, making them more willing to try it.
- **Positive atmosphere:** Kids adapt really well when they don't feel pressured. As a caregiver it is your responsibility to offer fruits and vegetables to your children. It is the child's responsibility to decide what to eat, and how much. By allowing your children to decide what and how much to eat, you will avoid unpleasant power struggles that may result in picky eaters. Giving your children this autonomy will result in them being more willing to try new things, or taste things they didn't previously like. It will also result in a more positive atmosphere for everyone at the table.
- **Talk about the importance of nutrition:** Make healthy foods a regular conversation topic. Ask kids what their favorite fruit is, what vegetables look like, how they could cook a zucchini, etc.
- **Get creative:** Have fun with fruits and vegetables- make zucchini boats, ants on a log, apple pizza: slices with toppings like peanut butter, chocolate chips, raisins, strawberries, etc.

## Table Talk!

Your family sits down at the table together, puts away their electronics, and starts to eat. You expect the conversation to just flow, but sometimes it doesn't. Here are some fun ways to get the chatter started:

- Have a conversation jar
- Word play
  - Ask each family member to choose a letter and describe their day without using any words that start with that letter.
- Create a story
  - Take turns adding a couple sentences to create a family story.
- Two truths and a tale
  - Ask each family member to say two truths and a tale about themselves, or about their day. The other family members guess which one is the tale.

# CREATE WITH FOOD \$ENSE

FARM FRESH FOOD

## Getting the Whole Family Involved (Handout available on staff website)

Here are some ways to get your whole family involved with family mealtime. Remember to always pick age appropriate jobs, keeping safety in mind.

	Ages 2-5	Ages 6-10	Ages 10-18
Meal Planning	<ul style="list-style-type: none"> <li>• Color coordinate FV</li> <li>• Circle foods they would like in the store advertisements</li> <li>• Help cut coupons</li> </ul>	<ul style="list-style-type: none"> <li>• Help make list of meals they like</li> <li>• Look at MyPlate diagram come up with one meal that follows the diagram</li> <li>• Come up with FV to put on the side of the main courses you show them</li> </ul>	<ul style="list-style-type: none"> <li>• Look up 3 new recipes on social media</li> <li>• Create a three-day menu using MyPlate as a reference for a complete meal</li> </ul>
Grocery Shopping	<ul style="list-style-type: none"> <li>• Point out fruits and vegetables that are read off the list when you pass by it</li> <li>• Choose a fruit or vegetable as a 'treat'</li> </ul>	<ul style="list-style-type: none"> <li>• Read the list to parent and cross the items off as they are put in the cart</li> </ul>	<ul style="list-style-type: none"> <li>• Take a portion of the list and retrieve those items.</li> <li>• If old enough to drive, do a small grocery trip on own</li> <li>• Keep track of the money saved each week</li> </ul>
Cooking	<ul style="list-style-type: none"> <li>• Pour premeasured items into bowl to mix up</li> <li>• Tear up lettuce for a salad</li> </ul>	<ul style="list-style-type: none"> <li>• Measure out ingredients and put them together with parent</li> <li>• Toss a salad</li> <li>• Knead dough</li> <li>• Put together sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>• Run the show as head chef! Put together a full meal and recruit family members as needed</li> </ul>

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For more information, check out these resources:

- **Grocery Shopping with Kids:**
  - [extension.usu.edu/healthyfamilyfun/news/grocery-shopping-with-kids](http://extension.usu.edu/healthyfamilyfun/news/grocery-shopping-with-kids)
- **Cooking with Kids:**
  - [msue.anr.msu.edu/news/cooking\\_with\\_kids](http://msue.anr.msu.edu/news/cooking_with_kids)
- **Menu Planning:**
  - <https://extension.usu.edu/foodsense/htm/plan/plan-a-menu>
- **Freezer Menu Planning**
  - [http://extension.usu.edu/files/publications/publication/FN\\_FoodPreservation\\_2009-01pr.pdf](http://extension.usu.edu/files/publications/publication/FN_FoodPreservation_2009-01pr.pdf)
- **Conversation Jars**
  - <http://cms.msueextension.org/richland/mealtimesolutionsaug2010.pdf>

# CREATE WITH FOOD \$ENSE

## Farmers' Market Tour (Optional)

The farmers' market is an exciting place, but it can also be daunting if you are new to the experience. The purpose of this lesson is to help participants gain confidence in navigating the local farmers' market with a group, increasing the likelihood they will attend the market on their own. Below are some ideas of how you can format the tour, but please tailor the experience to your teaching style and participants' needs.

### Tour Objectives

- Reinforce previous lessons on being flexible with a meal plan and shopping at the farmers' market.
- Learn how to substitute farm fresh ingredients for others that are not available.
- Learn how to find vendors that accept EBT and DUFEB tokens.
- Gain confidence in navigating the market.

### Tour Preparation

- Gather supplies for the class, including scavenger hunt handouts, pen/pencils, map of the market (if available), Food \$ense farmer's market tote bags, evaluation.
- Purchase incentive tokens for participants at the debit card booth. Use your p-cards for this purchase.
- Before participants arrive, find booths you would like to visit and ask vendors if they would be willing to talk to your nutrition class. Explain you are teaching a nutrition class on using farm fresh food. It is important to have this organized so that the tour runs smoothly.
  - People you could talk to
    - Market manager
    - NEA at the Food \$ense booth
    - Farmers
- **\*\*Note: You are still required to have participants fill out the evaluation tool at the end of the tour.**

## Farmers' Market Tour Outline

The following is an outline option for a tour, but can be changed to fit your time and audience needs.

Meet at a designated spot outside the farmers' market.

- 5-10 minutes: Welcome participants and outline the tour plan
- 5-10 minutes: Briefly review benefits and barriers of farmers' market shopping
- 2-3 minutes: Introduce and explain the farmers' market scavenger hunt
  - Hand out:
    - Scavenger Hunt
    - Pens/ Pencils
    - Farmers' Market Tote Bag
    - Map of the market, if available

### Booth 1: EBT machine

- Note: If participants are uncomfortable visiting the EBT machine, you can just point it out and inform participants how to use their EBT card to purchase tokens.

### Booth 2: Food \$ense Booth (if available)

- 2-3 minutes: Discuss buying produce in season, and finding recipes at the market.
- 2-3 minutes: Allow NEA at booth to describe the weekly recipe

### Booth 3: Fruit and Vegetable Vendor

- Introduce group to the farmer (if comfortable)
- 5 minutes: Ask if he/she would talk about:
  - What it is like to be a farmer
  - What crops they grow throughout the season
  - Something that makes their farm unique
  - A favorite way to prepare a fruit and/or vegetable they are selling
- If you are not comfortable talking to the farmer, then discuss what types of produce they have available and different ways to prepare them

### Booth 4: Fruit and Vegetable Vendor #2

- See talking points above

Once you have visited the planned booths, hand out the scavenger hunt cards to participants. Designate a time and meeting spot to come together as a group and discuss the scavenger hunt. Base the amount of time allotted for the scavenger hunt on the size of your farmers' market. Most markets will take 15-20 minutes.

Once back together, go over scavenger hunt, and have participants fill out weekly evaluation.

# CREATE WITH FOOD \$ENSE

## Kid's Farmers' Market Scavenger Hunt (Handout available on staff website)

\_\_\_\_\_ Find 3 foods that grow under ground

\_\_\_\_\_ Find one fruit or vegetable for each color of the rainbow

- \_\_\_\_\_ Red
- \_\_\_\_\_ Orange
- \_\_\_\_\_ Yellow
- \_\_\_\_\_ Green
- \_\_\_\_\_ Blue
- \_\_\_\_\_ Indigo
- \_\_\_\_\_ Violet



\_\_\_\_\_ Ask two farmers what their favorite vegetable is

\_\_\_\_\_ Get a new recipe card

\_\_\_\_\_ Try a new fruit or vegetable

\_\_\_\_\_ Give your favorite farmer a high five



**Farmers' Market Scavenger Hunt** (Handout available on staff website)

\_\_\_\_\_ Find the name of 3 different farms and write down a fruit or vegetable they are selling.

- 1.
- 2.
- 3.

\_\_\_\_\_ Try at least 3 taste samples around the market.

\_\_\_\_\_ Pick up a recipe card (if available).

\_\_\_\_\_ Find 2 fruits or vegetables you have never tried. Ask the grower what it is called and a how to prepare it.

- 1.
- 2.

\_\_\_\_\_ Name 2 ways to involve your kids at a farmers' market (if applicable).

- 1.
- 2.

\_\_\_\_\_ List six fruits or vegetables in season and you would like to try.

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

# CREATE WITH FOOD \$ENSE

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