

FARM TO
**SUMMER
EATS**

FREE MEALS FOR KIDS & TEENS

LOCAL FOODS

COLORING BOOK



WHAT IS FARM TO SUMMER EATS?

Farm to Summer Eats is an initiative to incorporate local foods and activities into the Summer Eats program.

Summer in Massachusetts means delicious, local food! Local fruits, vegetables, dairy and eggs are extra tasty and often fresher than products that have traveled a long way to get to your plate! Eating local helps support hard-working farmers in the area and is better for the environment too. Many Summer Eats sites offer local products or activities, too! Find Summer Eats sites near you, below.

Kids and teens eat free at Summer Eats locations throughout the state.

No registration or ID is required to participate. Find the Summer Eats sites near you (and see which sites include local foods):

CALL

1-800-645-8333

TEXT

**“FOOD” OR “COMIDA”
TO 877-877**

VISIT

MEALS4KIDS.ORG

DOWNLOAD

THE SUMMER EATS APP
(iPhone and Android)

INCORPORATE LOCAL FOODS AT HOME

ADD A NEW-TO-YOU FRUIT OR VEGETABLE in one of your favorite dishes.

TRY A VARIATION of a fruit or vegetable you already like. Why not eat a cherry tomato in place of a regular tomato or a yellow Golden Delicious apple in place of a red one?

TRY FOOD A FEW TIMES before deciding you don't like it. Did you know it can take 7-10 times of trying a new food before you develop a taste for it?!

FREEZE berries, peaches, and other fruits while they're in season to use during the winter.

SNACK ON FRESH-CUT VEGGIES like carrots, peppers, or cucumbers for a crunchy chip replacement!

GET INVOLVED IN COOKING Ask your parents if you can chop local veggies or mix ingredients to help make your own food.

TRY GROWING FOOD YOURSELF Planting seeds in a garden plot or a small container is a fun way to see how our food starts out—and you can eat the food you've grown!

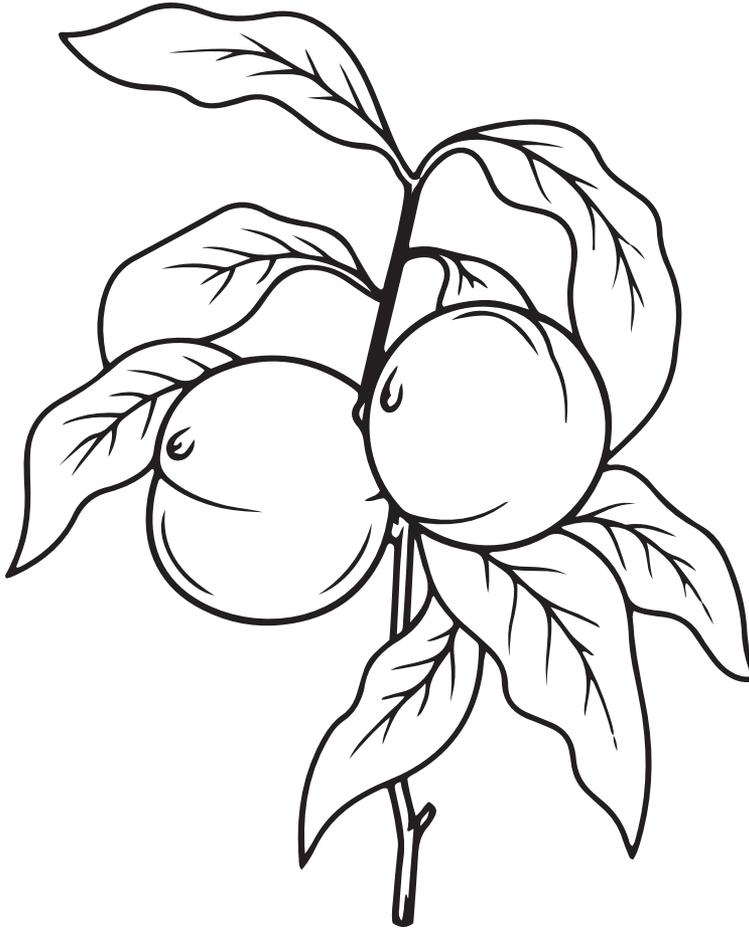
PICK YOUR OWN fruits or vegetables this summer. Find pick-your-own farms near you at the website below.



Did you know many farmers markets accept SNAP or WIC benefits and can be cheaper than buying out-of-season produce? Find one near you at massnrc.org/farmlocator/map.aspx.

PEACH July-September

There are more than 300 varieties of peaches in the United States and more than 2,000 varieties throughout the world!



Source: SuperColoring.com



TRY THIS!

Add chopped peaches and cinnamon on top of oatmeal for an easy and tasty breakfast!

STRAWBERRY

June & August-October

People in the United States eat an average of 3.4 pounds of fresh strawberries per year.



Source: SuperColoring.com

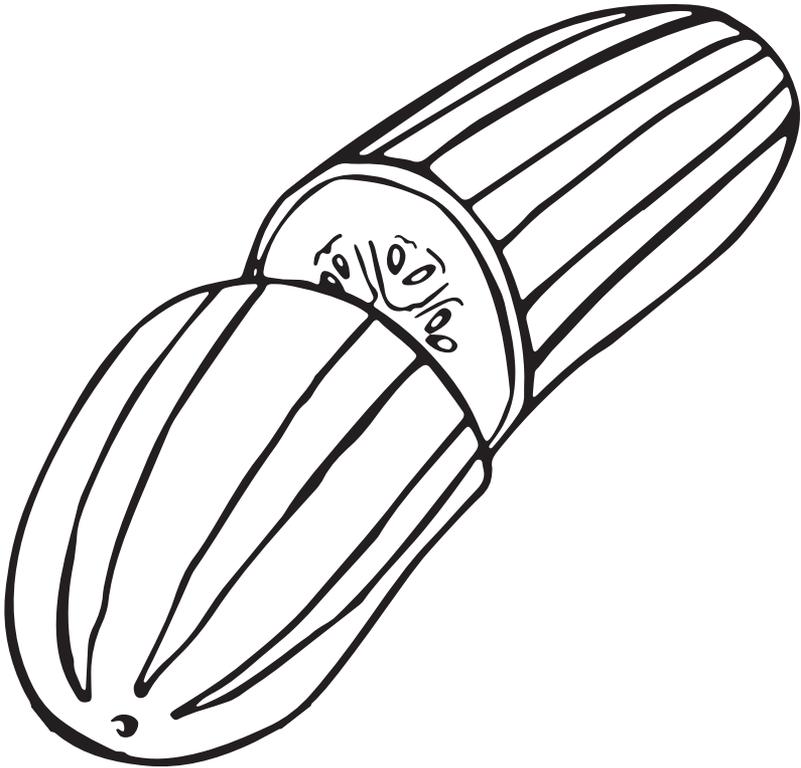


TRY THIS!

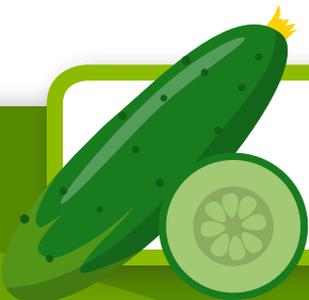
Add some chopped strawberries into salad for a sweet and savory twist!

CUCUMBER June–August

Cucumbers are a good source of Vitamin C, Vitamin K, potassium and other vitamins and minerals!



Source: SuperColoring.com



TRY THIS!

Dip cucumber slices into hummus or yogurt for a quick and crunchy snack!

TOMATO

July-October

Tomatoes are scientifically classified as a fruit because they develop from a flower and have seeds.



Source: SuperColoring.com



TRY THIS!

Mix together chopped tomatoes, basil, and garlic to spread on bread or use as a tasty dip!

FIND RECIPES & IDEAS FOR SEASONAL PRODUCE



PROJECTBREAD.ORG/RECIPES



MASSFARMTOSCHOOL.ORG

