

Grow Your Kids by Season

WIC Nutrition Education Module (793)

Objectives:

Participants will define what seasonal eating is.

Participants will identify at least one location in addition to a grocery store to purchase fruits and vegetables.

Participants will receive and know how to use Project FRESH coupons.

Target Audience:

-Pregnant, Breastfeeding, Non-lactating Mothers, Infants and Children

Items Needed for Educational Session:

-Grow Your Kids Newsletters and Recipes

-Handouts for children (coloring and activity sheets)

-Crayons for kids

-Additional Nutrition Education Items

Icebreaker:

Introduce yourself to the group. Explain the purpose of the educational session, which is to help families make sure they are eating enough fruits and vegetables every day. Invite each participant to share their name (and names and ages of any children they might have). Also ask them to share what their favorite fruit or vegetable is and why.

Lesson:

We know that fruits and vegetables are good for us, but for a variety of reasons, we may not what is recommended. What are some of the reasons that it can be hard to eat enough fruits and vegetables? Wait for a few moments as participants provide responses. Some possible responses include time, money, don't like them, etc.

Each of those is a valid reason. Fresh fruits and vegetables can be expensive, or it can be hard to find the things you like year-round when you live in Michigan. Has anyone heard of the term "seasonal eating?" What does it mean to you? Wait for responses from participants. Possible responses may include buying things in season, buying locally grown, buying from farmers, etc.

Seasonal eating means that you buy things that are grown locally. This increases the nutritional value of the fruit or vegetable because it is picked at its peak. Seasonal eating also means that money goes back into the Michigan economy, which helps the state. It costs less to buy strawberries grown in Bay City than it does to buy them from California. And those savings are passed on to us as consumers. Seasonal eating also means that we preserve things to eat in the months when it's not grown. What kinds of things are you preserving now, and how do you do that? Wait for responses. Some

possible responses are freezing berries, canning tomatoes, or drying apples.

Where are you finding the best deals on fruits and vegetables? Wait for responses from participants. Responses may include grocery store, farmers' market, farm stand, convenience store, etc. ***What you find definitely depends on the time of year, doesn't it? And often Michigan fruits and vegetables can be bought for less from local farmers too in the summer. Where is the local farmers' market?*** Wait for responses and provide clarification if necessary. ***Has anyone found another way to buy foods grown in Michigan that we haven't shared?*** Wait for responses. Possible responses include joining a CSA (Community Supported Agriculture) Farm, buying from a farmer with a hoop house, or growing your own in indoor container gardens. You may have to offer clarification or further information for some of the suggestions.

So what do you know about Project FRESH? Wait for responses and confirm correct answers. ***That's right. Project FRESH is a program that gives you \$20 once per summer to buy fresh fruits and vegetables from your local farmer. You'll want to look for the Project FRESH sign or ask them if they accept the coupons. But, you can use them just like cash to buy locally grown produce. What kinds of things has anyone gotten with their Project FRESH coupon?*** Wait for responses.

These are all great suggestions. Just to wrap up, what did we learn today? We learned that seasonal eating means you eat what grows in Michigan when it grows there. We also learned where you can buy locally grown produce, and about Project FRESH coupons. Now that everyone is an expert on eating more fruits and vegetables every day, let's each share one idea that we're going to try to get more fruits and veggies for ourselves and our families. Encourage each participant to share if they are comfortable doing so. Congratulate participants after everyone has shared on their commitment to making sure their families eat more fruits and vegetables every day.

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Seasonal eating means that you eat fruits and vegetables:

Grown only in Michigan

From all over the world

Grown during the time you've bought them
Never
Only at holidays

How can you expand your selection of seasonal foods?
Freeze fruits and vegetables each summer
Can fruits and vegetables each year
Dry fruits and vegetables
Make foods and freeze them, like soups or sauces
Do nothing

Where can you buy locally grown fruits and vegetables?
The grocery store
A farm stand
The farmers' market
All of the above
None of the above

How much are Project FRESH coupons worth?
\$5
\$10
\$15
\$20
\$25

Where can you use Project FRESH coupons?
The grocery store
A convenience store
The farmers' market
Wherever the Project FRESH sign is
None of the above

Nutrition Education Documentation (office use only)

Type	Module	Provider	Evaluation	Provider
Initials	793			

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