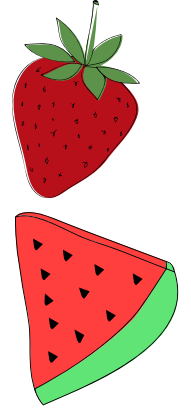




Fruit and Vegetable Summer Challenge



Calling all parents and guardians!

Are you struggling to increase your child's fruit and veggie intake?

Well, we have a fun and interactive challenge for you!

This summer, your child will be sent home with a pencil and a bookmark with a checklist of all sorts of **fruits** and **veggies** – some that you may have never heard of! The goal of this challenge is to increase overall fruit and vegetable intake in order to increase overall nutrition!

By the start of the school year, aim to have **50%** of both fruits and veggies checked off.

You might be asking, "What's going to make my kid want to participate?"

If your child tries at least **50%** of the fruits and vegetables listed by the beginning of the 2018-2019 school year, they will receive a certificate and be featured on a Wall of Fame at their given school!

Get creative with your kids in how you can incorporate these into fun meals and snacks!



Local Farmers Market

Bongards Market

12984 Co. Rd 51 (Norwood Young America)
Wednesdays from 3:00 p.m. - 6:00 p.m.
Starts June 6th



Chanhassen Farmers' Market

City Center Park
Saturdays from 9:00 a.m. - 1:00 p.m.
Starts June 7th

Carver County Government Center Farmers' Market

600 East Fourth Street, Chaska, MN 55318
Wednesdays from 10:00 a.m. - 1:00 p.m.
Starts June 20th

Chaska Downtown Farmers' Market

City Square Park
Wednesdays from 3:00 p.m. - 7:00 p.m.
Starts June 20th



is a farmers markets incentive program for children offered at farmers markets throughout the nation. Each week, children ages 4 to 12 receive a \$2 token to spend on fresh fruits and vegetables.