



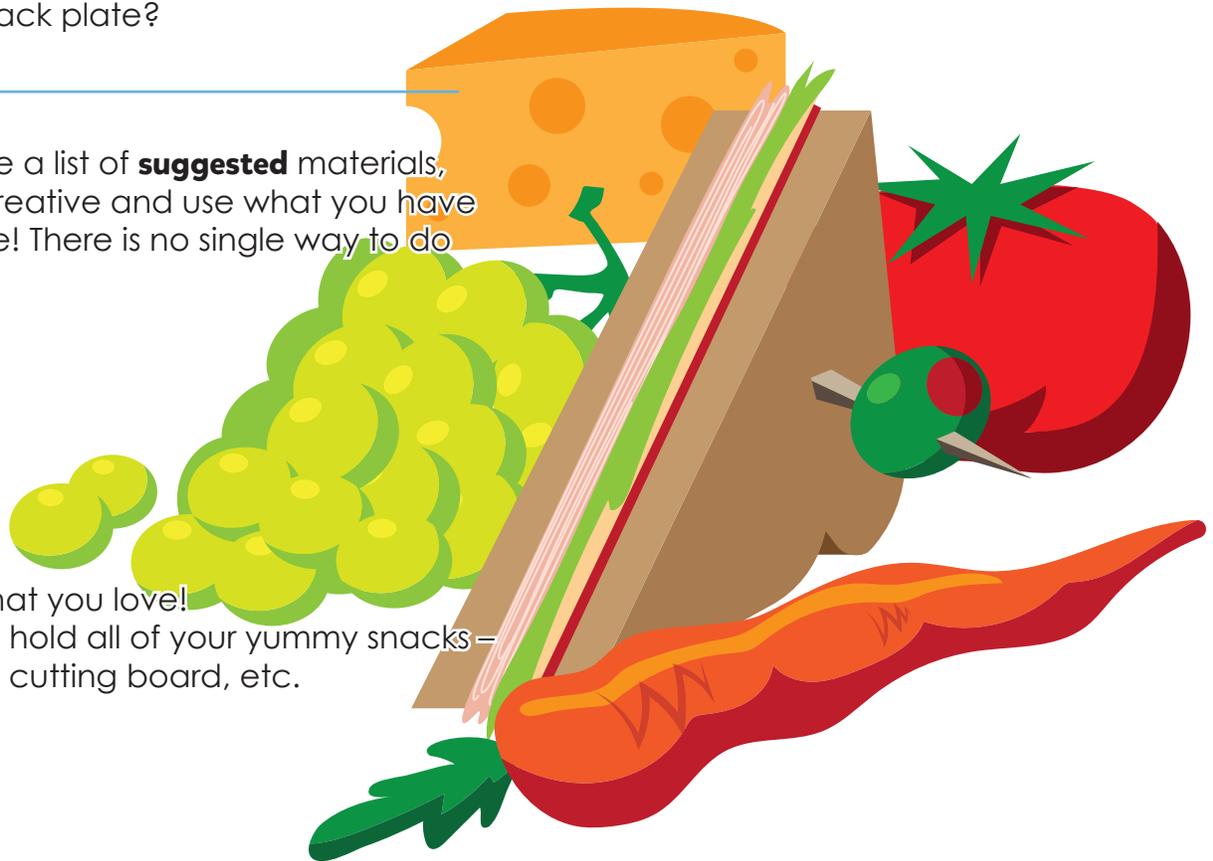
FROM FARM TO TABLE

Moo-ve on over, cookies and potato chips... We've got a fun, farm-fresh snack creation we're making today! Did you know that just one U.S. farm feeds approximately **166 people a year?** From fruit, vegetables, grains, dairy, and meat, that's a lot of farm to table! So what do you say we **harvest some tasty food from within our homes** and pig out on a delicious snack plate?

Below you will see a list of **suggested** materials, but please get creative and use what you have on hand at home! There is no single way to do this activity!

Materials:

- ▶ Fruits
- ▶ Veggies
- ▶ Cheeses
- ▶ Crackers
- ▶ Any snacks that you love!
- ▶ Something to hold all of your yummy snacks – a plate, bowl, cutting board, etc.



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Share photos and videos of your camp cheers, dance moves, games and crafts, using the hashtag #VJatHome



Let's get **STARTED!**

Step 1

With adult supervision and approval, take a look into your refrigerator and pantry to see what kind of goodies you might have. Be on the look out for fruits, vegetables, grains (like crackers or bread), and dairy (like cheese or yogurt).

Step 2

Choose the foods that you like the most! Don't like carrots? No worries, don't include them in your snack creation! Challenge: Try to get a variety of different colored foods. See if you can get a type of food for each color of the rainbow!

Step 3

Next, arrange your snacks on a board, plate, or in a bowl. Try a fancy design or maybe arrange your food into the shape of something fun, like a rainbow, flower, or even a farm animal!

Step 4

Eat your beautiful creation and enjoy the food that has made it's way from a farm to your table!



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All finished? We want to see it! Share your plate with us
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