

Farm to Summer Week

June 23 – 27, 2025

Toddler Activities

(*includes some adaptations for infants*)



Monday	Tuesday	Wednesday	Thursday	Friday
What is Farm to Summer?	Gardening & Physical Activity	Cooking & Tasting	Locally Grown in Meals & Snacks	Literacy, Music & Movement
Farm Foods Art Collage	Garden Squeeze	Healthy Foods Tasting	Peach Smoothie	Garden Parade
Find foods that can grow on the farm!	Touch and feel the plants!	Time to put those taste buds to the test!	Peaches make a refreshing and tasty snack.	Make some noise and have a parade!
<p>Materials:</p> <ul style="list-style-type: none"> • Newspapers • Magazines • Print and photo materials • Scissors • Tape • Glue • Construction paper <p>Instructions:</p> <ol style="list-style-type: none"> 1. Talk with your toddler about the different foods that can grow on a farm. 2. Adults, look through various print materials to find the foods discussed. 3. When you find them, adults may cut or tear them out and set them aside. 4. Once you find the food items, guide toddlers in taping or gluing them onto construction paper to create a collage of foods! 	<p>Materials:</p> <ul style="list-style-type: none"> • Plants, leaves, etc. • Plastic container • Safe outdoor space <p>Instructions:</p> <ol style="list-style-type: none"> 1. Collect a few child-safe leaves and plants and place them in a plastic container. 2. Offer the container to your baby. 3. Gently touch your baby’s feet and hands with different outdoor textures, such as flowers, grass, leaves, etc. 4. Encourage your baby to grasp, squeeze, and explore the plants in the bin. 5. Narrate your baby’s actions and discuss the plants, textures, etc. <p><i>Adaptations: For crawling infants: encourage babies to grasp, squeeze, and explore the plants in the bin. For walking infants: offer an empty container to your child, or encourage them to explore the outdoor area and fill the container up with plants that they find in the garden.</i></p>	<p>Materials:</p> <ul style="list-style-type: none"> • Pre-cut fruits and vegetables • Plates <p>Instructions:</p> <ol style="list-style-type: none"> 1. Give children a piece of each fruit and veggie to taste. To ensure foods are safe for young children, (1) cook or steam hard food, like carrots, until it is soft enough to pierce with a fork; (2) remove seeds, pits, and tough skins/peels from fruits and vegetables; and (3) finely chop foods into thin slices, strips, or small pieces (no larger than ½ inch). This is especially important when serving raw fruits and vegetables, as those items may be harder to chew 2. Ask children to describe how the food tastes, its texture, etc. <p>*You could extend the activity by charting children’s responses*</p> <p>Tomatoes are the June Harvest of the Month feature. Incorporate Georgia Seasonal Fruit & Vegetables in June into your taste test.</p>	<p>Ingredients:</p> <ul style="list-style-type: none"> • 5 oz Vanilla yogurt • 1 ½ C Fresh or frozen peaches • ½ C Crushed ice • ¾ C Coconut milk (may substitute with milk of your choice.) • ¼ Tsp ground cinnamon • ½ Tsp sugar (may substitute type of sugar, and amount) <p>Instructions:</p> <ol style="list-style-type: none"> 1. Combine all ingredients in a blender and blend until smoothie consistency is to your liking. <p><i>*Take it a step further and use locally grown peaches purchased at your local farmers market or grocery store.</i></p>	<p>Materials:</p> <ul style="list-style-type: none"> • Safe outdoor space • Music • Rattles or shakers. <p>Instructions:</p> <ol style="list-style-type: none"> 1. While outside, offer children a few rattles, shakers, or other instruments to make noise. 2. Play the children’s favorite songs. 3. With the children’s attention, gently shake a rattle back and forth and mimic the sound. 4. Encourage children to shake the rattle/mimic the sound. 5. Narrate your and your children’s actions and discuss the garden and parades. <p><i>Adaptations: Encourage crawling infants to crawl, dance, and shake their rattle along with the music. Encourage walking infants to dance, march, sing, and shake their rattles along with the music.</i></p>

Post pictures of you and your children participating in Farm to Summer Week activities using #GAFarmtoSummer

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