

Farm to Summer Week Activity Ideas

Annually, the last full week of June

Day of the Week	Theme of the Day	Activity Idea
Monday	What is Farm to Summer?	<ul style="list-style-type: none"> • Learn About Farm to Summer: Review DECAL's Farm to Summer handout with children. Talk together about what Farm to Summer means and why it matters. <ul style="list-style-type: none"> ◦ <i>Bonus:</i> Watch a short video showing what Farm to Summer can look like at a site in Vermont. • What's in Season in Georgia?: Explore fruits and vegetables that are in season using Georgia Farm Bureau's Georgia Harvest Calendar. • Set a Farm to Summer Goal: As a group, choose one Farm to Summer activity to try this week or later this summer (ex: trying a local fruit, growing a plant, visiting a farmers market, or cooking a simple recipe).
Tuesday	Gardening & Physical Activity	<ul style="list-style-type: none"> • Garden Activity: Dig, Plant, and Water Relay What children will do: <ul style="list-style-type: none"> ◦ Children take turns digging small holes, planting seeds or seedlings, and watering plants. ◦ Tasks or duties can be set up as stations to keep children moving. Physical activity benefits: <ul style="list-style-type: none"> ◦ Digging and scooping build arm and shoulder strength. ◦ Squatting and standing support balance and coordination. ◦ Carrying small watering cans encourages light strength and endurance. • Share Your Gardening Smiles: Post a photo of the children or adults you serve enjoying gardening activities on social media using #GAFarmtoSummer or email to Decal.marketing@decals.ga.gov.
Wednesday	Cooking & Taste Testing	<ul style="list-style-type: none"> • Cooking with Kids: Try a recipe from USDA's Summer Food Summer Moves Resource Kit, like Summer Vegetable Salsa, Cool Cucumber Yogurt Dip or Berry Jams Party Bites. • Try Something New: Celebrate June's Harvest of the Month by taste testing a new cucumber recipe from DECAL's Pinterest Page, like Veggie Delight Pinwheels, Tabbouleh, or Strawberry Cucumber Salad. For taste test tips, see DECAL's "It's Taste Test Time!" handout.

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<p>Thursday</p>	<p>Locally Grown in Meals & Snacks</p>	<ul style="list-style-type: none"> • Thank You, Farmers! Card Activity: Have children create a “Thank You, Georgia Farmers” card to show appreciation for the farmers who grow our food. Use the printable cards and instructions available on our webpage. • Feature Georgia-Grown on Menus: Aim to include at least one Georgia-grown food in meals or snacks today and throughout the summer. Use the Georgia Farm Bureau’s Georgia Harvest Calendar to choose an in-season item such as peaches, blueberries, tomatoes, squash, or sweet corn. Invite children to help with simple prep or discuss the menu item.
<p>Friday</p>	<p>Literacy, Music & Movement</p>	<ul style="list-style-type: none"> • Celebrate the end of Farm to Summer Week with hands-on, garden-inspired learning! Invite young children to plant, water, harvest, and carry pretend produce, crawl like caterpillars, or spin like falling leaves. These playful movements, paired with farm stories and veggie songs, support gross motor development, language growth, and joyful learning in school settings. Watch Gardening with Children: Fun Activities. • Mini Wellness Break: Lead a 2-minute stretch or PAWS activity with our Commissioner and CALi Taking a PAWS to highlight children's well-being as part of daily movement.

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