

COMMUNITY & FOOD ACCESS SCAVENGER HUNT

Objective: To engage children and their families in exploring their community, learning about different food sources, and extending their learning through fun activities at home.

Instructions for Families:

1. Introduction:

- a. Explain to your child that you will be going on a scavenger hunt to find different foods and places in your community.
- b. Discuss the importance of knowing where our food comes from and how it gets to our table.

2. Scavenger Hunt:

- a. Work together to find each item on the list. You can visit local stores, markets, and gardens.
- b. Alternatively, use items you already have at home to complete the scavenger hunt list. For example, look in your fridge, pantry, or garden (if you have one). If you don't have some items, draw pictures of them or find images online together.

3. Extended Learning Activity:

a. Cooking Together:

- i. Choose a few items from your scavenger hunt list and cook a meal together. For example, you could make a pasta dish with broccoli and beans, or a fruit salad with bananas and berries.
- ii. Discuss the nutritional benefits of the foods you are using.

Discussion:

1. After completing the scavenger hunt and activity, have a discussion with your child about what they learned.
2. Ask questions like:
 - a. What new foods did you learn about?
 - b. Why is it important to know where our food comes from?
 - c. How can we make healthy food choices?

Reflection:

- Encourage your child to share their favorite part of the scavenger hunt and the activity.
- Reflect on how the experience has changed their understanding of food and community.

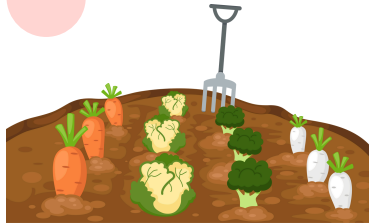


This institution is an equal opportunity provider.

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Yogurt



Local Garden



Berries



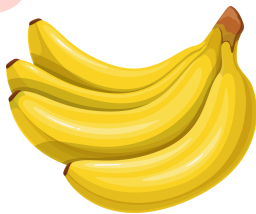
Grocery Store



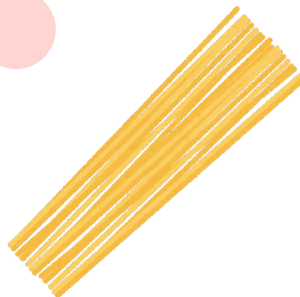
Canned Goods



Carrots



Bananas



Pasta



Beans



Milk



Broccoli



Farmers Market