Grab & Go Garden & Nutrition Activity Kits

We're excited to support families at home with fun activities that connect kids to nature through food! Join us each week with a new activity.

For this week's activity, Make a Living Necklace, here are 2 videos to check out:

How-To Video:

Quickly learn how to make a Living Necklace:

https://youtu.be/zYG6yqBEixM





Storytime: Listen to our FoodCorps Service Member Tracy reading 'Oh Say Can You Seed', visit:

<<<<<<<<u>https://tinyurl.com/w24nec7</u>

Weekly Recipe: Dr. Suess' Family Snack

- 2 ½ cups of quick/regular oats
- 1 cup sunflower seeds
- ½ cup raisins or dried cranberries
- ½ teaspoon cinnamon
- ½ cup of nut, seed or soy butter
- 1/3 cup 1/2 cup of honey
 - garden for every school

an education program
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- 1. Mix oats, seeds, dried fruit and cinnamon in a large bowl. In a separate bowl, whisk together nut butter and honey. Add to oat mixture and combine. Mixture should be firm but sticky, similar to oatmeal raisin cookie dough. If too dry, add nut butter in 1 Tablespoon amounts.
- 2. Line an 8"X 8" baking dish with foil or wax paper and press dough into dish, flattening the mixture. Refrigerate ~4 hours, then cut into squares. This recipe adapts to substitutions have fun experimenting!

