

Ready, Set, Grow!

Honest Weight Food Co-op in the Classroom Cooking and Nutrition Programs

Ready, Set, Grow! is funded and supported by Honest Weight Food Co-op in Albany NY. We offer these cooking and nutrition programs to local schools and libraries. These programs are in close alignment with our mission to promote more ecologically sustainable ways of living. We are committed to helping our community learn more about growing, and preparing natural foods. We are also committed to learning and teaching about alternative ways of living that are healthy for ourselves, our community, and our planet.

Our Goal is to introduce a variety of healthy, natural and locally grown foods to school children and to increase their knowledge about the origin of our food. Students will receive food and nutrition information enabling them to make healthier food choices as they grow.

Honest Weight Food Co-op provides all required materials unless otherwise noted. If you have any specific classroom needs, please let us know. We will happily try to accommodate your requests.

Ready, Set, Grow! has been a popular addition to many classrooms and libraries in our community. In order to defray some of the expense, we will gladly accept any contribution your organization can make, to help us continue our healthy food education. The suggested contribution scale is \$20-\$50 for a class of 25 kids. We stress the voluntary nature of this contribution. Please only give what and if you can.

For more information or to schedule a classroom visit, please contact
Mariah Dahl
Outreach Coordinator
482-3312 x120
Mariah@honestweight.coop

Program List for pre-school – grade 1

We Can Eat a Rainbow!

Program Length – 1 hour.

This class will introduce children to the importance of eating fruits and vegetables from all colors of the rainbow. We will read “Eat a Rainbow” by Samantha Berger. During the reading, fruits and vegetables will be passed around and kids will get to examine an array of colorful fruits and vegetables. After the reading and discussion, children will color their own “Eat a Rainbow” book. This class will end with the kids making their own “Rainbow Cole Slaw” or “Rainbow Fruit Salad”.

Berry, Berry Good

Program Length- 1 hour.

Children will be introduced to many varieties of berries. We will read the book “Blueberries for Sal” by Robert McCloskey and make berry paintings. The class will end with the kids creating (and eating) their own “Berry Yogurt Parfait” or “Berry Pancakes”.

Fruit and Veggie Sculptures

Program Length – 30-45 min.

Sometimes, getting kids to eat fruits and veggies takes creativity. This activity allows kids to create their own healthy snack and have fun doing so. We will begin with reading of one or more of the books by Saxton Freymann. Possible titles include “Dog Food”, “How are you Peeling?”, “Gus and Button” and “One Lonely Sea Horse”. Using a variety of fresh fruits and vegetables, kids will be able to create their own edible sculpture.

Make Your Own Organic Smoothie

Program Length – 30-45 min.

Smoothies are a great way to get fruits and protein into kid’s diets. In this class children will be able to choose from all organic ingredients to create their own smoothie drink. They will write their own recipe to take home and use in the future. The book “A Fairy in the Dairy by, Lucy A. Nolan will be read.

Tea-licious

Program Length – 45 min.

Children will learn about different kinds of teas. We will read “Tea Time with Emma Buttersnap” . Kids will get to prepare teatime snacks and learn how to set a table. Then we will have a class tea party, incorporating tea tasting, table etiquette and fun! Kids will also get to make their own tea bags to take home.

Still Life Stew

Program Length – 1 hour

Children will experience the beauty of fresh colorful vegetables. We will begin by reading the book, “Still Life Stew” by, Helena Clare Pittman. The kids will prepare a pot of “still life stew” and share it with the class. A “garden” will be set up in the classroom where kids can choose veggies to make their own still life painting. Kids will create their painting while the soup cooks.