

Farmers markets provide kids the perfect avenue for discovering healthy foods. The best part? This adventure continues all the way to the kitchen — and your plate.

Use this scavenger hunt to get your kids excited about the smells, colors and tastes of farmers markets. See how many your kids can find!



Don't forget: When it comes to enjoying your tasty farmers market finds, don't be shy! **Fill half your plate with fruits and veggies.** 

Get more healthy tips and tricks at SYFOK.com/FarmersMarket



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