

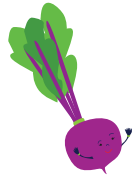
TRY THE FARMERS MARKET SCAVENGER HUNT!

Farmers markets are the perfect place to discover healthy foods. From juicy fruits to crunchy veggies, there's no shortage of fresh treats to fill your kitchen and your plate!

Encourage your kids to experience the colors, smells and flavors of your local farmers market with this scavenger hunt!



Pumpkin



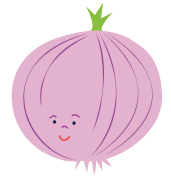
Beets



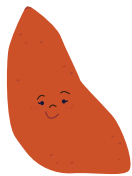
Honey



Cabbage



Onion



Sweet Potato



Collard Greens



Carrots



Swiss Chard



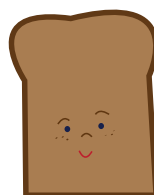
Okra



Eggplant



Kale



Bread



Salsa



Pickles



Jam or Jelly



Winter Squash



Herbs

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

Get more healthy tips and tricks at ShapeYourFutureOK.com/farmers-markets