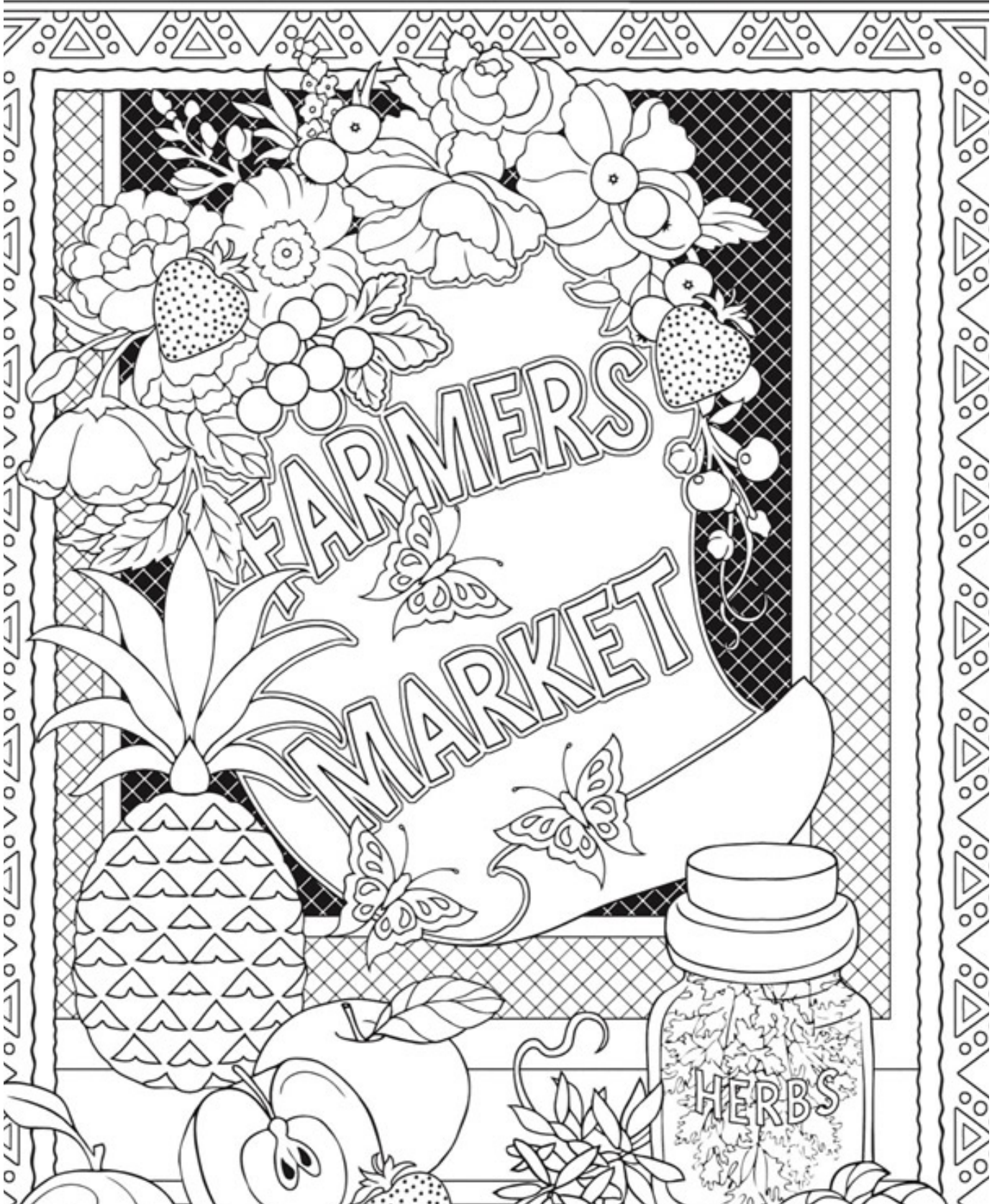


FUN AT THE FARMERS MARKET



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Riverside Medical Clinic
CHARITABLE
foundation

RMCcharity.org | 951-682-2753



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Tips For Parents

1. Shopping locally and seasonally is more cost-effective! The cost of long-distance travel, cold storage, and grocery store overhead expenses are not passed onto the consumer.

2. Shopping seasonally ensures that produce is purchased at its peak ripeness. Not only does peak ripeness impact flavor, but also nutrient density (e.g., strawberries bought in Spring/Summer are sweeter, more flavorful, and have higher levels of vitamin C and polyphenols).

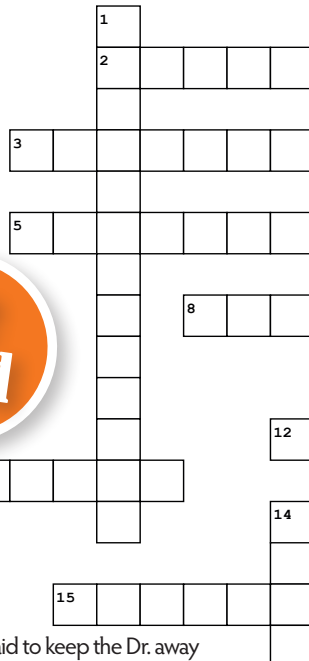
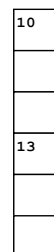
3. Shopping locally and seasonally helps to stimulate your local economy. Buying produce from local farmers and producers ensures the money you spend stays in your local economy. The city and local growers profit instead of large corporations.

4. Farmers markets give the opportunity to increase your spending power! If you receive WIC or SNAP benefits, participating farmer's markets will match you \$1 for \$1 (up to \$10). This allows families to be able to buy more fruits and veggies!

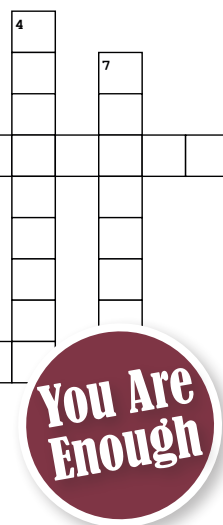
5. Farmers Market's are a learning experience for children. Children can practice mathematics (counting produce, paying for items, calculating costs), color recognition (identifying different colors of veggies and fruits), food group recognition (whole grains, dairy, fruits, veggies, proteins), and have a better understanding of where food comes from.

6. Exposure to different foods over time and letting children be autonomous with food selections (within certain parameters) can aid in combating food refusal.

7. Have children help you cook dinner! Not only are children learning valuable life skills, but they also can practice mathematics (fractions, addition, subtraction, multiplication, division, metric conversion, measuring). Small children can help gather ingredients & wash fruits and veggies. School-aged children can help mix, sort, and measure ingredients, and older children can help with food prep and cooking.



BE HEALTHY Puzzle



Across

2. This Fall fruit has been said to keep the Dr. away
3. This vegetable is a type of Fall squash that can be made into a pie or carved
5. Which types of food contain good bacteria
8. Grains are a healthy choice, but make sure to always eat _____ grains
9. A fun way to interact with new foods is by _____ them
12. Want to know more about a food? Look up a _____
13. These types of foods are foods you want to eat every now and then
14. Needs to practice some math skills? Cooking can help you with measuring, addition, subtraction and _____
15. These types of foods are ones you can eat whenever you want

Down

1. A place where you can buy fresh fruits and veggies outdoors
4. A great way to eat lots of fruits and veggies without having to cook
6. A person who is an expert on nutrition
7. When thinking of healthy eating, you should try and eat a _____
10. When shopping you should always try and by produce that is in _____
11. Healthy food is not only nutritious, but also _____ (hint: it rhymes)
14. A great source of healthy fats that live in the ocean



Being a Helper in the Kitchen

Tips for Kids

- Plant a small vegetable garden at home and learn how food grows. When your fruits and vegetables are ripe, you can cook the food you've grown in your own yard. You can even plant small plants in pots and have a container garden!
- Think water is boring? Try making it exciting and fun to drink! Add some fresh or frozen fruit to plain water and leave in the fridge overnight. In the morning you will have a delicious and refreshing new spin on water. For added fun, add some sparkling water!
- Helping your parents in the kitchen is not only fun, but also a good chance to learn

- how to cook your own foods! Experiment in the kitchen. Cooking shouldn't be boring; it should be fun! Try new foods and recipes!
- Remember to always try and eat a rainbow! By that, we mean try and make your plate as colorful as possible! Did you know carrots are not just orange but also purple and yellow? How about cauliflower? It comes in orange and purple colors, too! Potatoes can even be purple!
- Think grocery shopping is boring? Try making it into a game. Have a scavenger hunt or make it a competition as to who can find the fruits and veggies first!

HEALTH APPS

Helping you with your journey.



InsightTimer

Insight Timer is a mindfulness/meditative app. It has guided meditations, yoga, live sessions...etc.

Remente – Self Improvement The Remente app gives you many resources to help search your life for happiness and

VIDEOS AND BOOKS

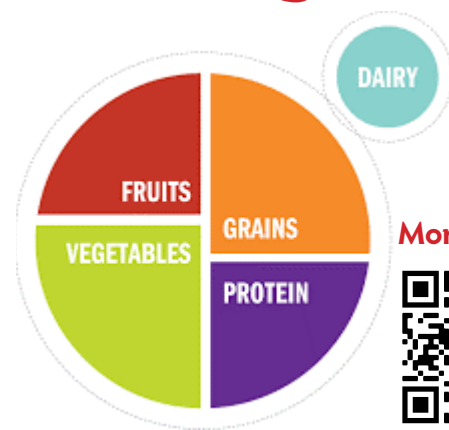


Videos that parents and kids can watch together that are read-a-longs about food



SCAN ME

Healthy Eating With My Plate



More Info...



O Z S A V O C A D O N L A V Y
A U E K C A U L I F L O W E R
T W A W W V Z R N S M C U G H
M A S D A I R Y U A O A M E E
E T O O T T W B T L R L I T R
A E N B E A H W R M A M N A B
L R A R R M O H I O N O E B S
T M L O G I L O T N G N R L P
Y E F C P N E L I B E D A E R
O L R C R S G E O A A S L S O
G O U O O S R F U N P F S N T
U N I L D E A O S A P A W U E
R G T I U E I O G N L T C T I
T O S W C D N D Y A E S I S N
R P L Q E S S S I A P P L E S

HEALTHY Word Search

VITAMINS	FRUITS	SALMON
MINERALS	NUTRITIOUS	VEGETABLES
ALMONDS	WATER	BANANA
WHOLE GRAINS	DAIRY	NUTS
WHOLE FOODS	SEASONAL	WATERMELON
LOCAL	PRODUCE	APPLE
OATMEAL	HERBS	ORANGE
SEEDS	AVOCADO	BROCCOLI
YOGURT	APPLES	CAULIFLOWER
PROTEINS	FATS	

Created by Puzzlemaker at
DiscoveryEducation.com

SuperKids Nutrition



This website offers sound nutrition information with easily accessible articles and handouts that provide nutrition tips, empowering parents to build a healthy family. The content is developed by dietitians and nutrition experts on topics and includes free coloring pages, nutrition guides and tasty kid recipes. <https://www.superkidsnutrition.com>



**Fun Online
HEALTHY
ACTIVITIES
Plus Answer Keys**



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fulfillment, with goal setting, a daily planning tool for day-to-day tasks and longer-term goals, and written and visual features to help you track your feelings in detailed ways that can help you better understand what brings your life purpose.

The Crisis Text Line If you're experiencing a crisis and need to

talk to a mental health professional immediately, the Crisis Text Line might be your best bet. Through a simple text message, you can be connected to a trained crisis counselor who is available in live-time. The service is free and anonymous. The site does specify that their service is available on multiple occasions; however, it's a crisis line, which means it's not meant to replace long-term therapy. Response times are generally under five minutes.

Where in Riverside?

Farmers' Markets

1. Kaiser Permanente Farmers Market
2. Galleria at Tyler Farmers Market
3. Riverside Certified Farmers Market (Sears)
4. Riverside Downtown Farmers Market
5. County of Riverside's Farmers Market
6. UC Riverside's Farmers' Market

Farm Stands

7. Garcia Farm Stand 2
8. RS Farm and Farm Stand
9. Corona Farm and Farm Stand
10. Gless Fruit Stand
11. Garcia Farm Stand 1
12. Gloria's Nursery
13. Gless Ranch Stand

Farms

14. Gaytan Family Farm
15. Fox Farm
16. Medina Farm
17. Gold Nugget Ranch
18. Goat Rodeo Farm

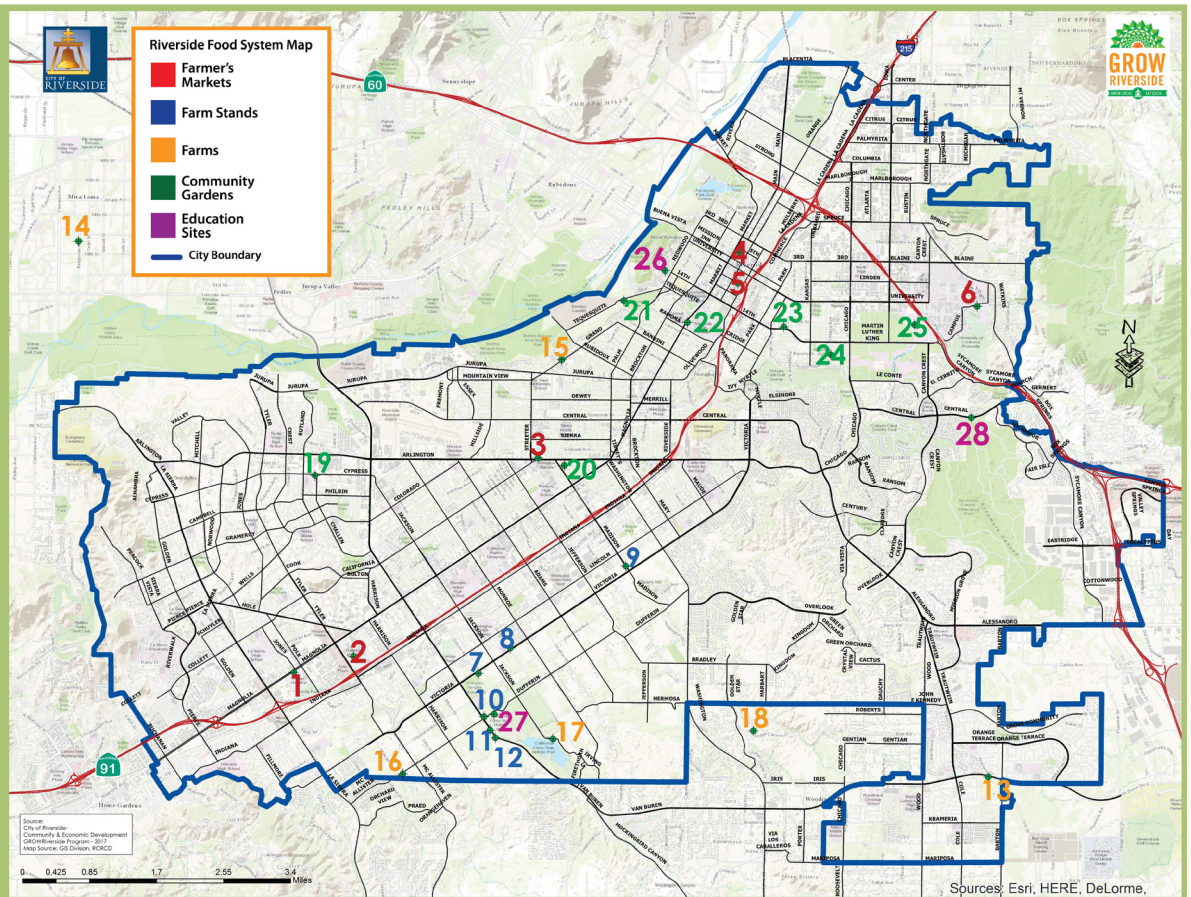
Community Gardens

19. Arlanza
20. Madison St. Church
21. Tequesquite at Bonaminio Park
22. Riverside Community College
23. Community Settlement Association
24. Eastside - Emerson
25. R Garden at UCR

Educational Sites

26. LandUse Learning Center
27. Ca Citrus State Historic Park
28. Ameal Moore Nature Center

City of Riverside Markets and Gardens
http://arcg.is/1GB0hws



Farmers Market Scavenger Hunt

Find the
BIGGEST
fruit you
can



Find the
SMALLEST
vegetable
you can

Find one
vegetable
that grows
underneath
the ground



Find one
vegetable
that grows
above the
ground

Find
something
that grows
on a vine

Find
something
green that's
a fruit

Find
something
red that's a
vegetable

Find a fruit or
vegetable
that was
grown close
to your home

Find a tote
bag with a
fun graphic
on it



Seasonal Produce Guide



Winter

Apples
Brussel Sprouts
Cabbage
Carrots
Celery
Greens
Leeks
Onions



Produce Guide



Spring

Asparagus
Beets
Celery
Greens (arugula, lettuce, spinach, chard, kale)
Peas

Peppers
Rhubarb
Spring Onions
Strawberries
Turnips



californiagrown.org



Summer

Apples
Artichokes
Apricots
Beets
Broccoli
Berries
Cabbage
Carrots
Cauliflower
Celery
Cherries
Corn

Cucumber
Eggplant
Garlic
Melons
Okra
Onions
Peaches
Peppers
Peas
Radishes
Tomatoes
Zucchini

Fall

Apples
Beets
Broccoli
Cabbage
Carrots
Corn
Cucumber
Cauliflower
Eggplant
Garlic
Greens
Leeks

Melons
Onions
Peas
Peppers
Potatoes
Pumpkins
Tomatoes
Turnips
Squash

