

FARM TO  
**SUMMER  
EATS**

FREE MEALS FOR KIDS & TEENS

**LOCAL FOODS**

# COLORING BOOK



# WHAT IS FARM TO SUMMER EATS?

**Farm to Summer Eats is an initiative to incorporate local foods and activities into the Summer Eats program.**

Summer in Massachusetts means delicious, local food! Local fruits, vegetables, dairy and eggs are extra tasty and often fresher than products that have traveled a long way to get to your plate! Eating local helps support hard-working farmers in the area and is better for the environment too. Many Summer Eats sites offer local products or activities, too! Find Summer Eats sites near you, below.

**Kids and teens eat free at Summer Eats locations throughout the state.**

*No registration or ID is required to participate. Find the Summer Eats sites near you (and see which sites include local foods):*

**CALL**

**1-800-645-8333**

**TEXT**

**“FOOD” OR “COMIDA”  
TO 877-877**

**VISIT**

**MEALS4KIDS.ORG**

**DOWNLOAD**

**THE SUMMER EATS APP**  
(iPhone and Android)

# INCORPORATE LOCAL FOODS AT HOME

**ADD A NEW-TO-YOU FRUIT OR VEGETABLE** in one of your favorite dishes.

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**TRY A VARIATION** of a fruit or vegetable you already like. Why not eat a cherry tomato in place of a regular tomato or a yellow Golden Delicious apple in place of a red one?

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**TRY FOOD A FEW TIMES** before deciding you don't like it. Did you know it can take 7-10 times of trying a new food before you develop a taste for it?!

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**FREEZE** berries, peaches, and other fruits while they're in season to use during the winter.

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**SNACK ON FRESH-CUT VEGGIES** like carrots, peppers, or cucumbers for a crunchy chip replacement!

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**GET INVOLVED IN COOKING** Ask your parents if you can chop local veggies or mix ingredients to help make your own food.

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**TRY GROWING FOOD YOURSELF** Planting seeds in a garden plot or a small container is a fun way to see how our food starts out—and you can eat the food you've grown!

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**PICK YOUR OWN** fruits or vegetables this summer. Find pick-your-own farms near you at the website below.

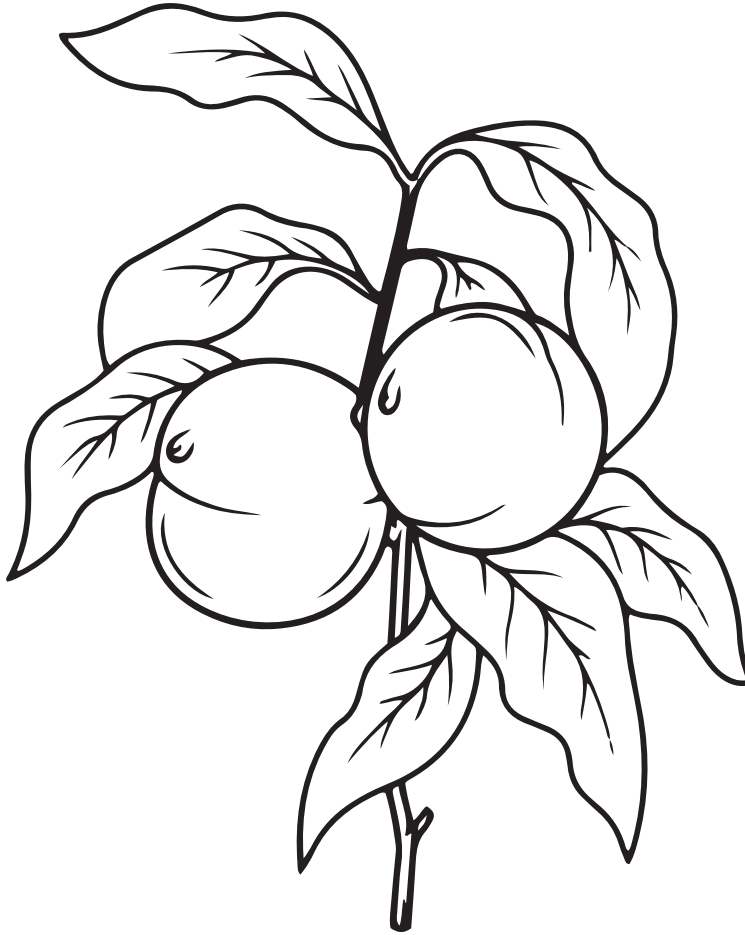


**Did you know many farmers markets accept SNAP or WIC benefits and can be cheaper than buying out-of-season produce? Find one near you at [massnrc.org/farmlocator/map.aspx](https://massnrc.org/farmlocator/map.aspx).**

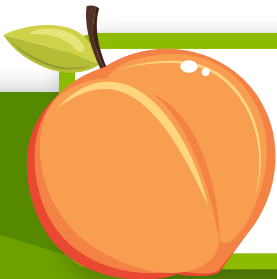
# PEACH July-September

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There are more than 300 varieties of peaches in the United States and more than 2,000 varieties throughout the world!



Source: SuperColoring.com



## TRY THIS!

Add chopped peaches and cinnamon on top of oatmeal for an easy and tasty breakfast!

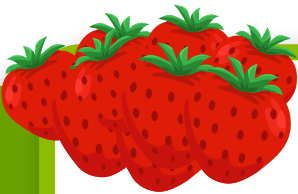
# STRAWBERRY

June & August-October

People in the United States eat an average of 3.4 pounds of fresh strawberries per year.



Source: SuperColoring.com



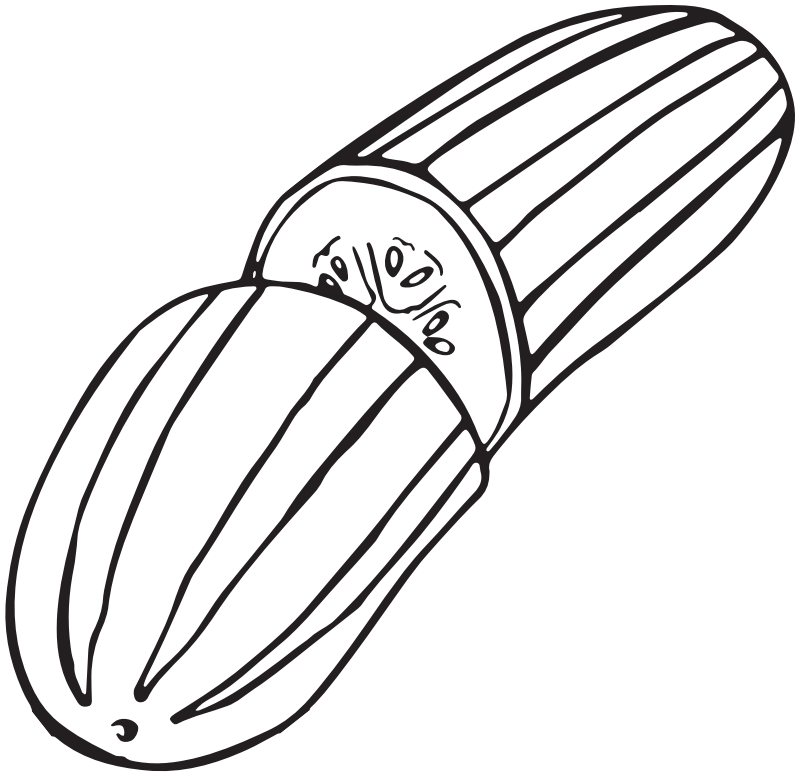
## TRY THIS!

Add some chopped strawberries into salad for a sweet and savory twist!

# CUCUMBER

June–August

Cucumbers are a good source of Vitamin C, Vitamin K, potassium and other vitamins and minerals!



Source: SuperColoring.com



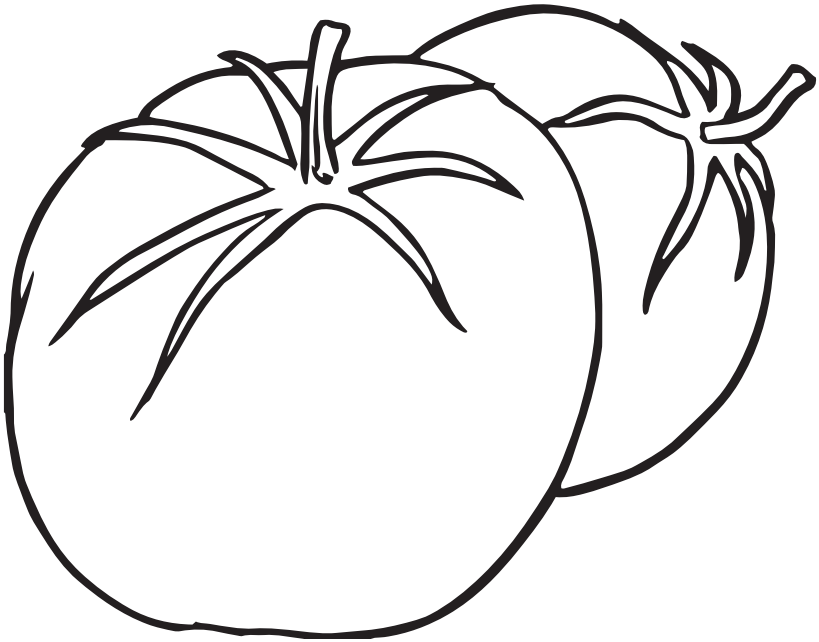
## TRY THIS!

Dip cucumber slices into hummus or yogurt for a quick and crunchy snack!

# TOMATO

July-October

Tomatoes are scientifically classified as a fruit because they develop from a flower and have seeds.



Source: SuperColoring.com



## TRY THIS!

Mix together chopped tomatoes, basil, and garlic to spread on bread or use as a tasty dip!

# FIND RECIPES & IDEAS FOR SEASONAL PRODUCE



[PROJECTBREAD.ORG/RECIPES](https://PROJECTBREAD.ORG/RECIPES)



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