

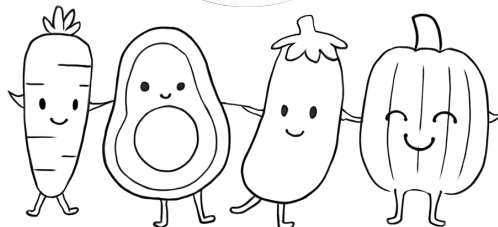
You are a superfood hero



This booklet is part of a Franke Global Leadership Initiative capstone project exploring food access for youth in Missoula, MT. Activities are designed to be fun, interactive, and supportive of healthy habits.

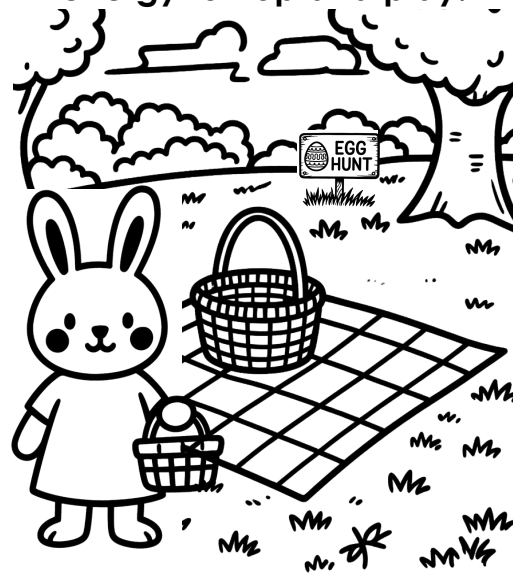
Feeding Missoula

A Kids Activity Book About Food, Nutrition, and Community



Learn • Play • Grow

The Bunny is getting ready to collect eggs, but first needs energy to hop and play!



Help the bunny by drawing them some food to eat!



Fruity Sushi

Ingredients

- Banana
- Yogurt
- Fruity Rice Cereal
- Berry of choice

How to make

1. Peel the banana
2. Spread yogurt all over the banana
3. In a shallow plate of the fruity rice cereal, roll the banana until fully coated
4. Cut banana into 1/2 inch pieces
5. Cut your berry of choice into small chunks and place on top of each piece of banana
6. Enjoy your fruity sushi!



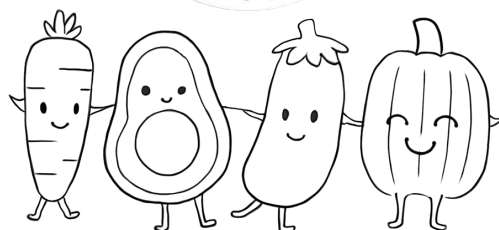
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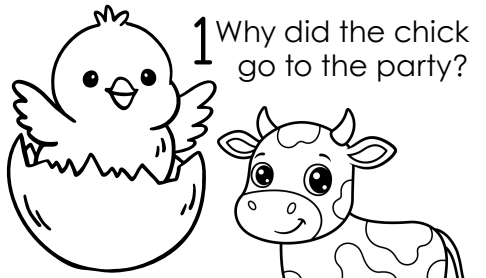
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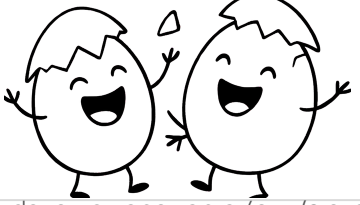
Food Jokes



1 Why did the chick go to the party?

2 What do you call a cow in an Earthquake?

3 Why don't eggs tell each other jokes?



Answers: 1) She went to see all of her peeps 2) a milkshake 3) They crack each other up



Helpful Resources!

Scan here to see our instagram!



Scan here to see our interactive food resource map!



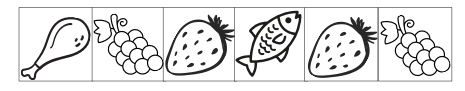
Scan here for SNAP and school lunch application assistance!



Scan here for WIC application assistance!

Code breaking

What was the first food grown in space?

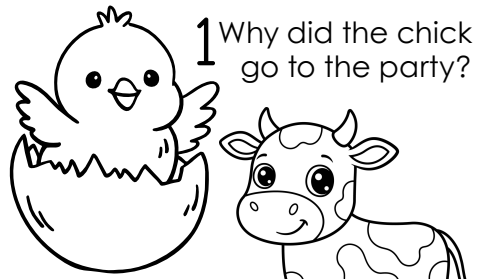


What food never spoils?



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

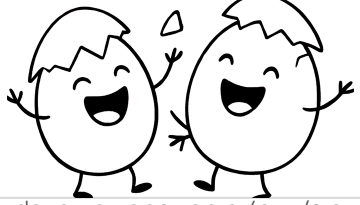
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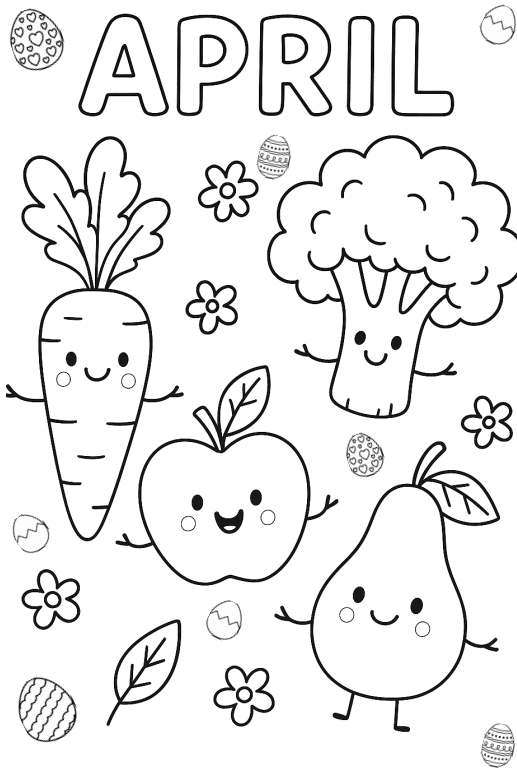
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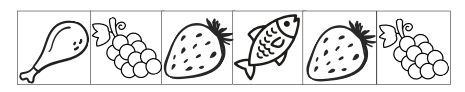
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