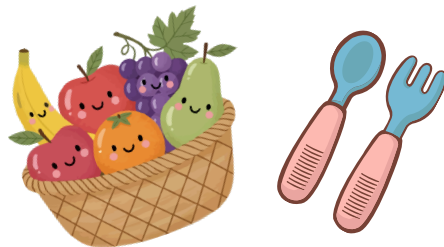


You are a
superfood hero

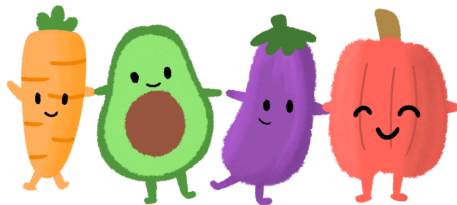


This booklet is part of a Franke Global Leadership Initiative capstone project exploring food access for youth in Missoula, MT. Activities are designed to be fun, interactive, and supportive of healthy habits.



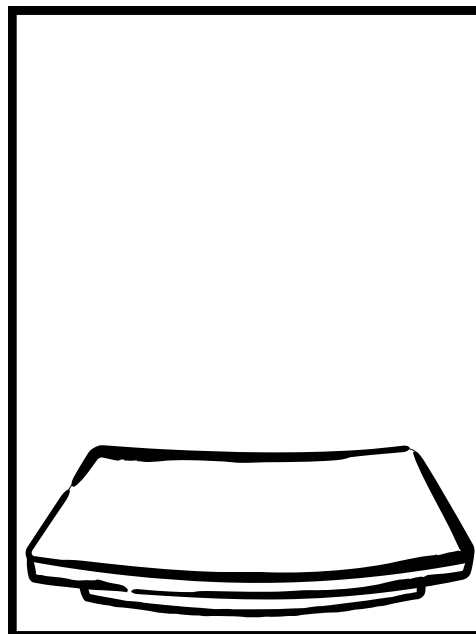
Feeding Missoula

*A Kids Activity Book About
Food, Nutrition, and Community*



Learn • Play • Grow

Draw your favorite
food on the plate



Easy Peasy Recipe

Overnight

Oats



Ingredients

Oatmeal
Milk or water
Your choice of fruit

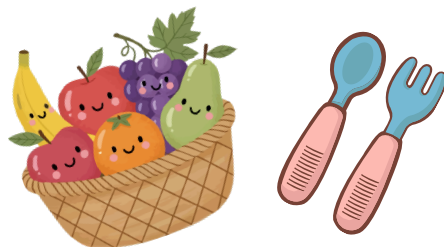
How to make

- Mix 1/2 cup oatmeal and 1/2 cup milk or water
- Leave in fridge overnight
- Add toppings such as fruit, peanut butter, or cinnamon and enjoy!

You are a
superfood hero

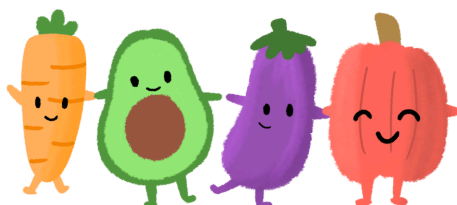


This booklet is part of a Franke Global Leadership Initiative capstone project exploring food access for youth in Missoula, MT. Activities are designed to be fun, interactive, and supportive of healthy habits.



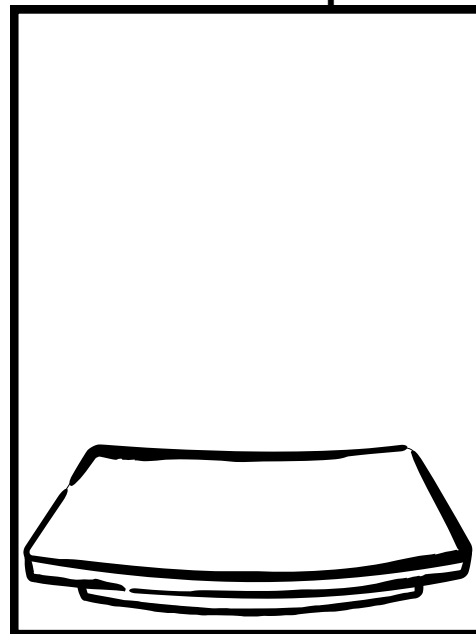
Feeding Missoula

*A Kids Activity Book About
Food, Nutrition, and Community*



Learn • Play • Grow

Draw your favorite
food on the plate



Easy Peasy Recipe

Overnight

Oats



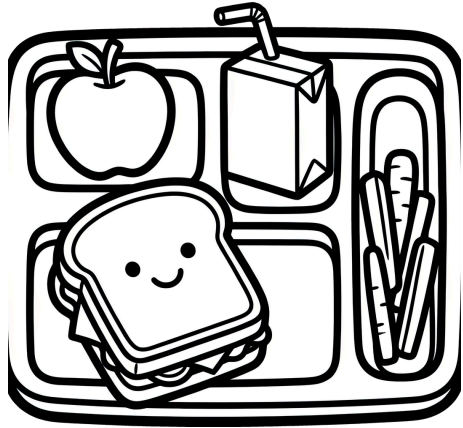
Ingredients

Oatmeal
Milk or water
Your choice of fruit

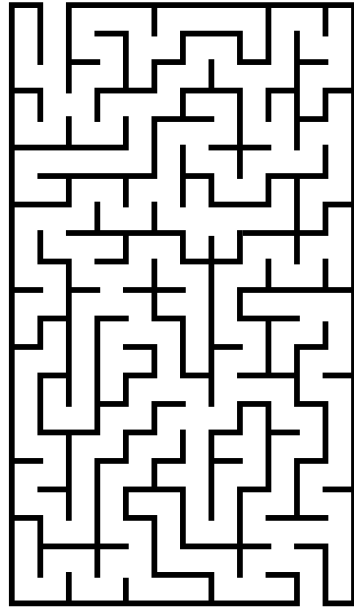
How to make

- Mix 1/2 cup oatmeal and 1/2 cup milk or water
- Leave in fridge overnight
- Add toppings such as fruit, peanut butter, or cinnamon and enjoy!

Make your plate colorful!



Help the Food Get To the Plate!



Helpful Resources!



Scan here for SNAP and school lunch application assistance!

Scan here to see our interactive food resource map!



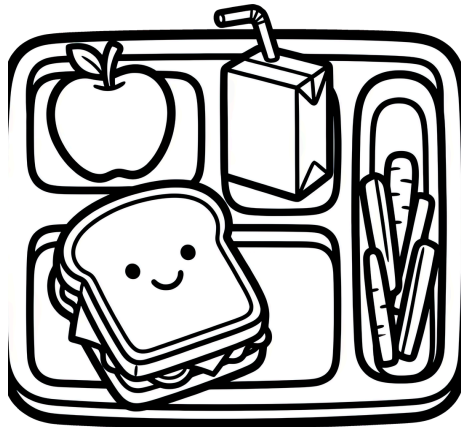
Scan here for WIC application assistance!



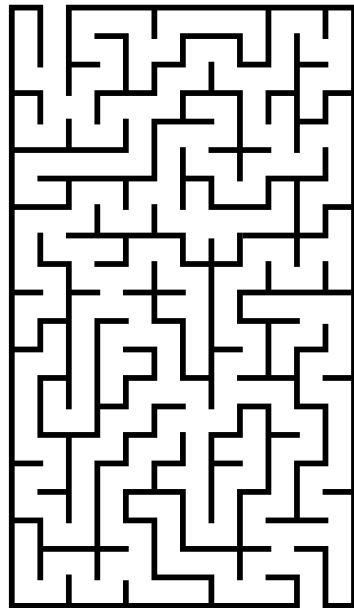
Spot the difference



Make your plate colorful!



Help the Food Get To the Plate!



Helpful Resources!



Scan here for SNAP and school lunch application assistance!

Scan here to see our interactive food resource map!



Scan here for WIC application assistance!



Spot the difference

