

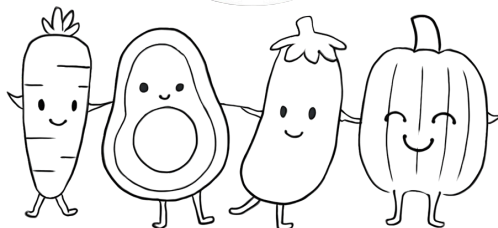
You are a superfood hero



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.

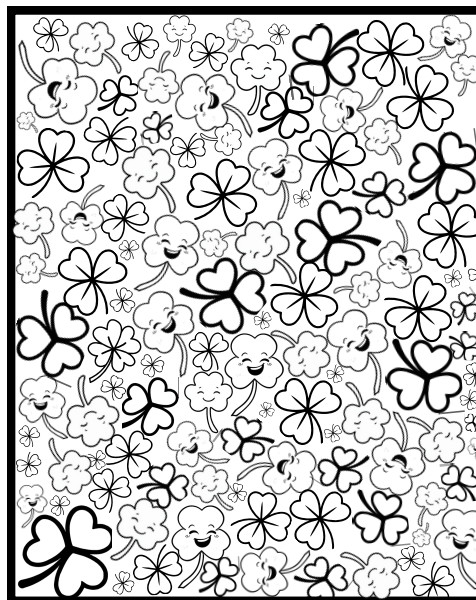
Feeding Missoula

A Kids Activity Book About Food, Nutrition, and Community

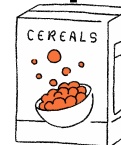


Learn • Play • Grow

Can you find the 4 leaf clover?



Easy Peasy Recipe No-bake cereal bars



Ingredients

- Any kind of cereal
- peanut butter or sunflower seed butter
- honey or syrup

How to make

- In a bowl, mix 2 cups cereal with $\frac{1}{2}$ cup peanut butter and $\frac{1}{4}$ cup honey.
- Press mixture into a small pan or container.
- Let it set for 20–30 minutes (or refrigerate).
- Cut into squares and enjoy!

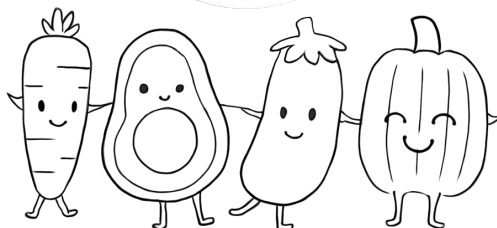
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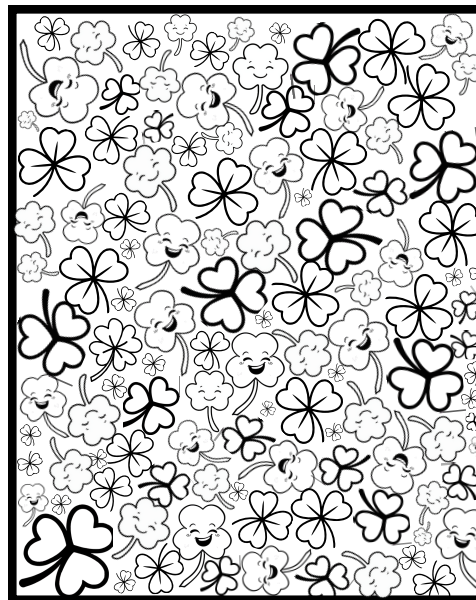
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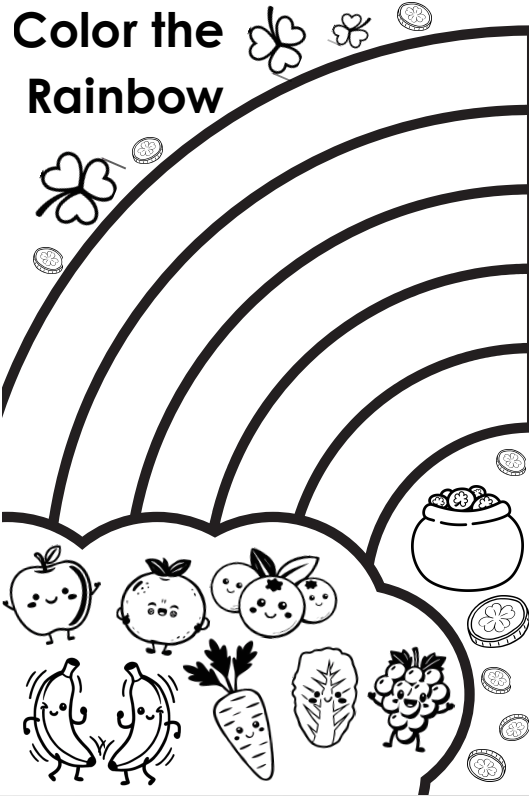
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Bingo

Eat it to Win it

Mark a square each time you eat that food get a row, column, or diagonal to win!



Helpful Resources!

Scan here to see our interactive food resource map!



Scan here for SNAP and school lunch application assistance!

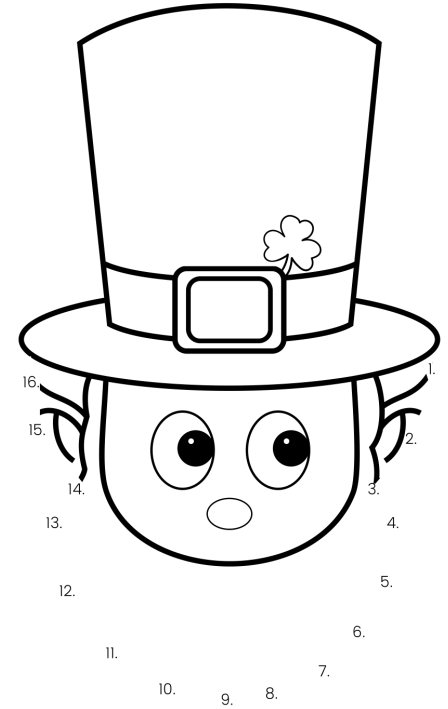


Scan here for WIC application assistance!

Scan here to see our instagram!



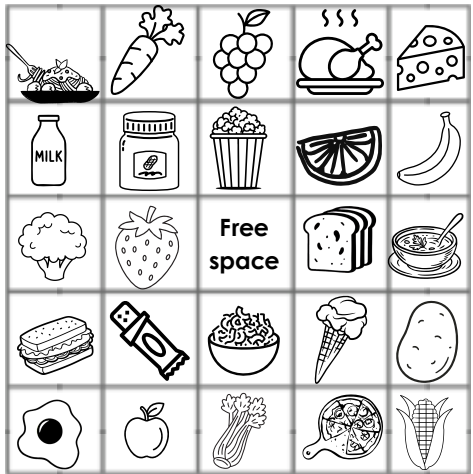
Leprechaun Dot-to-Dot



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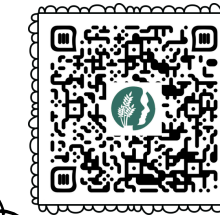


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