

Enrichment Activities for Summer Meals



Book Readings (age group: 3rd – 5th grade)

Muncha Muncha Muncha	https://www.youtube.com/channel/UCIGlZrDxM4LlIwsv0p2vA4w
Zora's Zucchini	https://www.youtube.com/watch?v=Uoj4fsRgDmw
Before We Eat	https://www.youtube.com/watch?v=3WIFNVOJA5c
Growing Vegetable Soup	https://youtu.be/FtThK_VFU7A
Please Say Please	https://www.facebook.com/SomersetPublicHealth/videos/2306403036328365/
Broc and Cara's Picnic Party w/ Physical Activity	https://www.youtube.com/watch?v=QT6Il6gcM8E
The Trouble with Cauliflower	https://www.youtube.com/watch?v=5CM8IV5hoWg&feature=youtu.be

Recipe Demos (should be led by parents with child help)

Smoothie time	https://www.facebook.com/428474870575252/videos/519044568810108/
Apple Chips!	https://www.facebook.com/428474870575252/videos/213666049992799/
Yogurt Parfait	https://www.facebook.com/169010946637314/videos/675329413216352/
Roasted Veggies	https://www.facebook.com/AccessHealthME/videos/252313215806407/
Dry Roasted Chickpeas	https://www.youtube.com/watch?v=1ttuVj7Gh4A
Apple Spiced Baked Oatmeal	https://www.youtube.com/watch?v=H5ZoxrxLkwQ
Apples and Cinnamon Oatmeal	https://youtu.be/FwwS9PnKs3o
Veggie Omelet	https://www.youtube.com/watch?v=qA1LOiGlbTM
Hummus	https://www.youtube.com/watch?v=fiOSiel895g
Homemade Granola	https://youtu.be/uZJqMmMQ8lw
Trail mix	https://www.facebook.com/430366230389041/videos/240972090373952/
Chocolate Chip Banana Baked Oatmeal	https://www.youtube.com/watch?v=DdijoeVMvMs
Minestrone Soup	https://www.facebook.com/watch/?v=269735747378131

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates low-income families on low-cost healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.

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Physical Activity

General Physical Activity Lesson	https://www.facebook.com/430366230389041/videos/3056049117815697/
Broc and Cara's Picnic Party w/ Physical Activity	https://www.youtube.com/watch?v=QT6II6gcM8E

Other

Best practices for food safety at home	https://youtu.be/JIOelEhaYsE
Tips for food safety related to Covid-19 at the grocery store	https://youtu.be/qVkW6tJswl8
Growing Microgreens	https://youtu.be/wrS0baF2Bq8
Putting Whole Grains to the Test	https://www.youtube.com/watch?v=rt-eQxn06Fo

Grab-N-Go Activities and Resources

Fresh Produce Flyer	https://www.facebook.com/AccessHealthME/photos/pb.428474870575252.-2207520000../2819505744805474/?type=3&theater
Healthy at Home Bingo	https://www.dropbox.com/s/qnvunolx1io3d1e/Healthy%20at%20Home%20BINGO_TOA4.9.2020.pdf?dl=0
Food Date Guide	https://www.dropbox.com/s/q0Imk2ytwue84dn/Label%20Dates_AMessier%204.17.2020.pdf?dl=0
Pod Veggie Word Search	https://www.dropbox.com/s/b73ykbmk5t6ptm6/Pod%20Veggie%20Word%20Search%20PABS_SMurphy4.16.2020.pdf?dl=0
Tropical Fruit Word Search	https://www.dropbox.com/s/q1pu3x19gt4gm8o/Tropical%20Fruit%20Word%20Search%20PABS_SMurphy4.16.2020.pdf?dl=0
Recipe Substitutions	https://www.dropbox.com/s/n4ebiibasrghy2k/Recipe%20Substitutions_EEstell%203.30.2020.pdf?dl=0
ChopChop Kids Newsletters	https://www.chopchopfamily.org/learn-to-cook-free-resources/

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