

## *Parent Newsletter June 2021*

### Tips for Taking Kids to the Farmers' Market

The farmers' market is a great place to go to explore local food and spend time as a family. The Farmers market is the best place to get the freshest food. Farmers' Markets not only encourage a healthier lifestyle through their selection of food, but they also are more environmentally friendly.

#### **Do a little research ahead of time**

Most markets have a website or a Facebook page. Do a little investigating and find out if the market offers special programming for children, a lot of markets do. Check and see if there is a bathroom on site and how easy it will be to get around with a stroller. A little pre-planning will help things run more smoothly.

#### **Give Your Child a Basket**

Children love pushing around the grocery cart in the grocery store and the same holds true for the farmers' market. Let your child carry a basket and be responsible for carrying some of produce you purchase.



## Play a Farmers' Market Game

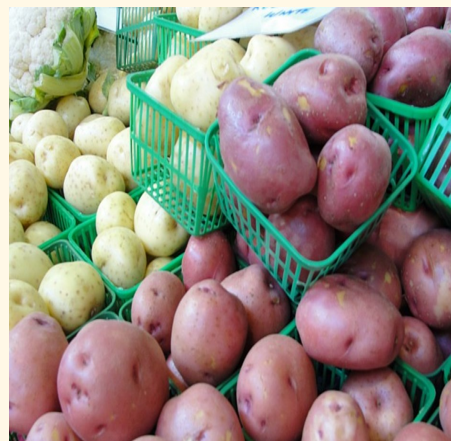
Looking to have a little fun at the farmers' market? Try hunting for food that matches every color of the rainbow. Or, search the market for things that start with every letter of the alphabet.

## Make a Meal

Head home with your groceries and make a meal together. Using food from the farmers' market is a fabulous way to get kids cooking in the kitchen. Use the food they selected, explore new foods...you might just discover a new favorite food.

Taking the kids to a farmers' market is a wonderful way to spend a few hours on the weekend. If your kids have a hard time at the grocery store, maybe the farmers' market will be more engaging for them. Be sure to pick a day when the weather is not too hot and not too cool. A rainy farmers' market might not be ideal. Once you've been to the farmers' market as a family you will be amazed at the connections your children make to their food and the environment. Creating connections are so important for young children.

<https://karacarrero.com/taking-kids-farmers->



## **Chautauqua County** **Events**

The 2021 season opens June 12. Market runs from 10 AM to 2 PM and is located in downtown Jamestown

For a list of Farmer markets near you go to

**<https://www.tourchautauqua.com/explore/farms-and-markets>**



Please stay informed on how operations are being held during the covid-19 pandemic. Contact or check online for event regulations.

Does your child's caregiver participate in the Child and Adult Care Food Program (CACFP)? CACFP helps providers serve healthy meals and snacks to your child by reimbursing him or her for following nutritious guidelines. If your provider doesn't participate in the CACFP, talk to him or her about signing up. For more information, contact Chris Wigren, CACFP Specialist, at 716-661-9430 ext. 2269 or [cwigren@chautopp.org](mailto:cwigren@chautopp.org).

Interested in starting your day care? The Chautauqua Child Care Council Can help you to get started. For more information call 716-664-9430 Ext. 2289 or 2290.



Do you need assistance finding quality child care? The Child Care Council can help! We provide free, customized referrals to licensed/registered child care providers in Chautauqua County. Please contact 1-800-424-4532 to get started or email [Childcare@chautopp.org](mailto:Childcare@chautopp.org)