

# SUMMER FOOD BOX ADVENTURE

## WELLNESS WEDNESDAY

This week lets explore the items in our food boxes. Each food box contains items for fourteen meals -- seven breakfasts and seven lunches.

To find a pick-up site near you, visit; <https://cws.mpls.k12.mn.us/covid19>



Let's be adventurous eaters. Research different ways to prepare the veggies in your food box. Are they cooked, eaten raw, top with spices?

***Food adventure: Try a new way to prepare fresh vegetables!***

Activity Reflection:

- How did the vegetable change when you prepared it in a new way? Think about color, flavor, texture.
- What other vegetables could you prepare this way?



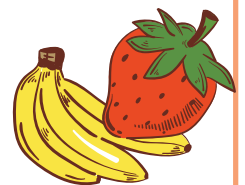
It's important to stay hydrated, especially now when the weather is warmer.

***Food adventure: Try making fruit infused water!***

How to make it: Add fruit to a cup and pour water in. Press lightly on fruit to release flavors. Refrigerate, then enjoy!

Activity Reflection:

- Did the fruit change the color of the water?
- How did the fruit change the taste of the water?
- What are 1 - 3 benefits of drinking water?



It is time to put on your chef's hat! Let's make a meal using items in your food box.

***Food adventure: Pick out one meal item from your MPS Food Box and add an extra topping or ingredient!***

Activity Reflection:

- What made you select your topping?
- How did your meal turn out? Think about flavor, texture, and appearance.
- What other toppings or ingredients would be fun to try next time you make this meal?

