

## Local Foods at the Table

*Parents and caregivers are important in helping children make healthy food choices. The USDA's MyPlate shows that half the plate should be filled with vegetables and fruits. Participating in local food activities helps children learn more about growing and choosing healthy foods.*



Do you have memories of growing, picking and eating local foods? Share these memories with your family through the activity below.

### Ask your parents...

- What is your favorite local food? How do you eat it?
- What food do you like now that you didn't like as a child?
- Share your child memory of a food from a garden.
- What funny story do you remember that involves food or family mealtime?
- What new activity can you do with your family to find a local food?

### Ask your kids...

- What is your favorite local food? How do you like to eat it?
- What foods have you eaten from a garden or orchard?
- Name a food from Ohio that grows underground.
- Name a food from Ohio that grows on a tree.
- What is the last thing you ate that was grown nearby?
- Does your school or neighborhood have a garden?
- What would you put in a garden if you had one?

For more information about local foods visit: <http://localfoods.osu.edu/> Or, contact your local OSU Extension Office.