

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.



Local foods are found in your community. See how many you can find! (They are listed in **bold** print in the box on the left.)

Places to look for local food:

- **Farm market** or **Roadside market**
- **Super market** or **Locally-Owned Grocery**
- **Restaurant**

“MyPlate” gives us foods from all the food groups to improve our health.

- Grains: **oats, corn, wheat, rye**
- Proteins: **beef, pork, black beans, chicken, eggs**
- Fruits: **berries, peaches, watermelon, cherries**
- Vegetables: **carrots, green beans, peas, asparagus**
- Dairy: **milk, cheese, yogurt**

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

S W S T O R R A C C E N G U P K B
 E A W H E A T T A J H E Z X E R E
 F T M T E K R A M E D I S D A O R
 T E K R A M R E P U S T C T C P R
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 G M I L K E L H M O B I E S E N E
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