



The Power of Produce (POP) Club provides a fun opportunity for children 4-8 years old to engage in the local food system through conversations directly with farmers, educational games, demonstrations, and exposure to new fruits and vegetables. In addition to participating in educational activities, POP Club kids receive tokens to spend at the Market, allowing them to make their own shopping decisions.

In 2023, the POP Club is offered at the Eastern Ingham Farmers Market, with the generous grant support of *WW Grainger*. The POP Club is open every Sunday in August between 10:00 AM and 1:45 PM. It is expected that the adult-led activities will run approximately 15 minutes.

Lesson Schedule:

August 6th – What is produce?

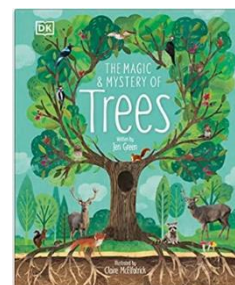
August 13th – Understanding the growing and harvest seasons: When fruits and vegetables are ready to come to Market

August 20th – Expanding appreciation for local produce.

August 27th – Preparing and storing foods from market produce.

This year, the POP Club has expanded its curriculum to include a segment on the natural science of trees due to the generosity of an Arbor Day contribution from the Williamston Red Cedar Garden Club.

Each week, the children will receive \$2 in tokens to shop for produce of their choice at the Market and receive a stamp in their Passbook for completing the lesson of the day.



Examples of POP activities include identifying fruits and vegetables by sight, feel, or taste; produce scavenger hunts (finding produce in vendor displays); and learning simple recipes using Market produce. On the last meeting date, the children will be given their Passbook, a recipe for home completion, and the free book “*The Magic & Mystery of Trees*”.

Enrollment forms will be available soon! Look for links on the Eastern Ingham Farmers Market Facebook page and EIFM Website <https://www.easterninghamfarmersmarket.org/in-the-market/special-events/> on the Events page.