



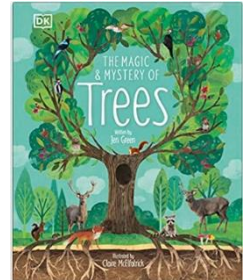
The Power of Produce (POP) Club provides a fun opportunity for children 4-8 years old to engage in the local food system through conversations directly with farmers, educational games, demonstrations, and exposure to new fruits and vegetables. In addition to participating in educational activities, POP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

The POP Club is open every Sunday in August between 10:00 AM and 1:45 PM. It is expected that the adult-led lessons/activities will run approximately 15 minutes.

Lesson Schedule:

- August 4th – *What is Produce?*
- August 11th – *Understanding the Growing and Harvest seasons: When fruits and vegetables are ready to come to Market*
- August 18th – *Expanding Appreciation for Local Produce.*
- August 25th – *Preparing and Storing Foods from Market Produce.*

Back by popular demand, children coming to all four sessions will receive the Magic & Mystery of Trees, a book contribution from the Williamston Red Cedar Garden Club. Children who received this book last year, will be offered a colorful cutting board this year.



Each week, the children will receive \$2 in tokens to shop for produce of their choice at the Market.

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 a recipe for home completion.

Parents may enroll their children in the POP Club by completing an enrollment form at the POP Club Booth on any Sunday in August.

This program is sponsored by Sowing Growth, the non-profit that operates the Eastern Ingham Farmers Market.

To learn more about this program, you may contact Sharon LaPointe (517) 927-9316.