

Ideas for using in the classroom



Write a Thank You Letter

Our farm partners do so much to support Nourish Your Roots. Why not write them a letter, draw them a picture and even attach a photograph of all the ways your class is enjoying their box of farm fresh produce! Check with your school's Nourish Your Roots contact for the farm mailing address.

Play a Guessing Game

Using produce from the box, have students play guessing games about their features. For younger students, this may be matching the vegetable with its name. For older students, match the produce growing with the harvested product. Download the flash card game from our website to get you started!



Strive for Five!

The Strive for Five at School resource is a great place to find lots of information, recipes and fun facts about seasonal fruits and vegetables, many of which are in your Nourish Your Roots box! Make some recipes in class or send some home with students. Look for this and many other great resources on our website.

Do a Master Chef Challenge

Challenge students to create a healthy, well balanced meal using the contents of your Nourish Your Roots box. Have them work in groups to see what variety of meals they can come up with, combining produce from the NYR box with other healthy foods. Use some recipes from the Strive for Five resource listed above for inspiration! This activity is great for a junior high Family Studies class.



Have Soup Year Round!

Make one big batch of soup with your class, and freeze individual portions in plastic baggies. Great for students who may have forgotten their lunch or need an extra pick-me-up during the day! Want to take this idea even further? Try making a "Stone Soup" by having each student contribute a small amount of ingredients to the soup, either from home or from your NYR box. This fun activity encourages teamwork and makes a really tasty soup!

Nourish Your Roots is a program of



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