



OHIO
SNAP-ED



Celebrate Your Plate Kids' Activity

Vegetables: From Garden to Plate!

Craft: Vegetable Stamps

As you're chopping vegetables, keep the ends of your produce! Dip the bottoms in ink or paint and use them as stamps on a piece of paper. This simple activity is also a great way to understand symmetry and patterns!



Plant: Grow Veggies in Your Kitchen

Take the stems of vegetables like green onions, celery, or romaine lettuce, and place them in a jar of water. Leave them on a windowsill near sunlight and watch the veggies grow again!



Taste: Healthy & Kid-Approved Recipes



Mini Pizzas



Zucchini Pumpkin
Bread



Southwestern Dip