

Market Bounty – Making Healthy Eating Fun

The **Market Bounty Program** is a free resource for schools, child care and youth programs that serve youth ages 6 – 10. Each seasonal Treasure Kit provides seasonal food information, fun nutrition and food ideas and activities, and kid-friendly recipes. The goal is to help youth learn about healthy eating, sample new foods, and increase their consumption of fruits and vegetables.

The fall Treasure Kit features recipes for fresh produce including apples and carrots, healthy breakfast ideas, and a treasure hunt that kids can do at a farmers market or grocery store. The Rochester Public Market provides free tours of the Market on Thursdays through October.

To request free copies of the seasonal Treasure Kits and/or to request a tour of the Public Market call 325-5058 or email: marketfriends@rochester.rr.com. Please provide your name, program name, phone number, mailing address and/or email address. The Market Bounty program is made available by the Friends of the Rochester Public Market, with funding support from the Greater Rochester Health Foundation.