

Nourishing Lives... Developing Change

If you find yourself in need of food, please reach out to our food bank team for assistance or for more information please call 705 432 2444. Food security remains our first and foremost priority.

CONTACT US:

705-432-2444 | info@tndf.ca | www.tndf.ca

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THE NOURISH AND DEVELOP FOUNDATION

ACTIVITY BOOKLET - 2022

Spring Edition



In this book, you will find fun activities, ideas, and inspiration for activities to keep your mind busy.



This activity booklet is available for download online at www.tndf.ca

This content is brought to you by The Nourish & Develop Foundation, a charitable non-profit organization located in Cannington ON.

ACTIVITY

Spring Scavenger Hunt

Go outside, enjoy the weather and see what you can find!



Bird Nest



Ladybug



Bumblebee



Sunshine



Tulip



Bicycle



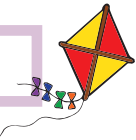
Caterpillar



Butterfly



Rain



Kite



Robin (Bird)



Green Grass

RECIPE

Time: 6 mins

Servings: 2

Bee my Honey Fruit Dip

Ingredients:

- 1 package (8 ounces) cream cheese, softened
- 1 jar (7 ounces) marshmallow creme
- 1 tablespoon honey
- 1 teaspoon grated orange zest
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- Assorted fresh fruit (Strawberries, apples, kiwi, raspberries, etc)



Directions:

1. In a small bowl, beat the first 6 ingredients until smooth. Divide into bowls.
2. Wash and cut up fruit, serve immediately. Refrigerate leftovers.



Nutrition Facts

2 tablespoons: 95 calories

Recipe and image source:
Taste of Home - © 2022 RDA Enthusiast Brands, LLC Accessed March 22, 2022,
<<https://www.tasteofhome.com/recipes/bee-my-honey-fruit-dip/>>

CRAFT

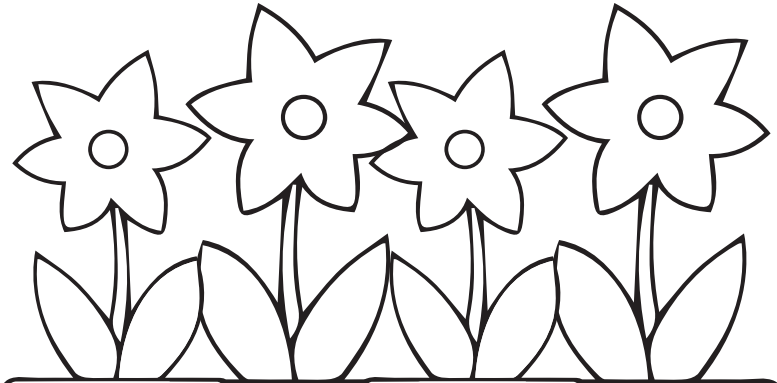
Natural Herbal Play-dough

You will need:

- 1 cup salt
- 2 cups flour
- 1.5 cups boiling water
- 2 tbsp oil
- a few drops of fresh lemon juice
- fresh herbs eg. rosemary, thyme, sage, oregano, mint (anything that smells nice and is not irritant!)

Directions:

1. Mix all of the ingredients together in a bowl with a metal spoon. As soon as it is cool enough to touch, start kneading until it becomes soft, stretchy and pliable.
2. Mix in the herbs. We used rosemary and lemon thyme from the garden.
3. Store in a storage bag (air squeezed out) in a cool dark place up to 4 months.



CRAFT

Earth Day Crayons

Up-cycle your broken crayons with this fun Earth day activity!

You will need:

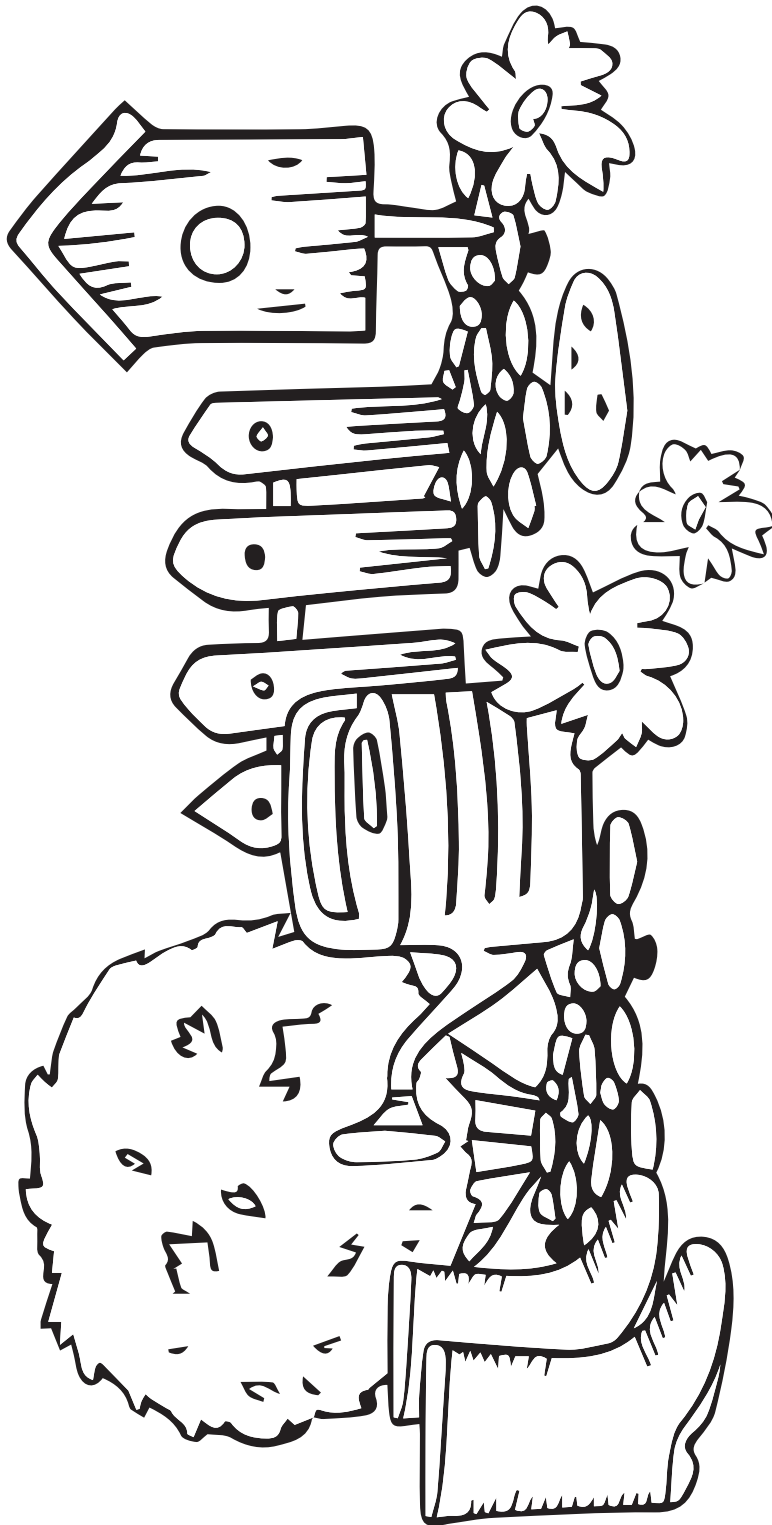
- Blue, green, and white crayon fragments
- Muffin tin



Directions:

1. Collect your child's used blue, green, and white crayon fragments.
2. Arrange the crayon fragments in the cups of a muffin tin, starting with a few pieces of white, then layering on pieces of blue and green.
3. Bake the muffin tin in a 250 degree Fahrenheit oven for about 15 to 20 minutes until the crayons are melted.
4. Remove the muffin tin from the oven carefully and allow it to sit on a counter to cool for 15 minutes. Transfer the muffin tin to your refrigerator for an additional 30 minutes.
5. Turn the muffin tin upside down and tap it against your counter to pop out the Earth Day crayons.





RECIPE

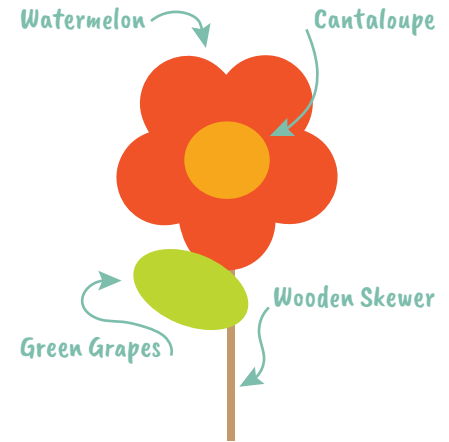
Time: 30 mins

Servings: 6

Flower Fruit Pops

Ingredients:

- Green Grapes
- Large Cantaloupe
- Watermelon
- Wooden skewers
- Flower cookie cutter
- Circle cookie cutter (1" diameter)



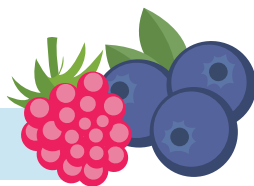
Directions:

1. With adult supervision slice the watermelon into slices about 1/2" thick. Use the flower cookie cutter to cut out as many flowers as you can. Cut out the centers of the flowers with your round cookie cutter.
2. Repeat step 1 with your cantaloupe.
3. Take the centers of the watermelon and place them in the centers of the cantaloupe, and vice versa.
4. Skewer the grape down the stick, followed by the flower. Be careful not to push the stick through the top of the flower.
5. Store in the refrigerator until ready to serve.

Tips:

- Depending on the size of your melon, the center slices may not be wide enough to cut out flowers because of all of the seeds in the middle. A trick is to slice off the very top and cut 1/2" slices from the top down. This way you can get a whole slice without the seeds getting in the way.
- Try using heart and star cookie cutters and incorporating a variety of fruits.
- Create an edible flower bouquet. Even dip your fruit in chocolate and create your own custom arrangement!

RECIPE



Easy School Lunches

Mix & Match these ingredients to create a well-balanced and yummy lunch!

1 Choose a **VEGGIE**

Carrot Cucumber Bell Pepper Celery Green Beans Broccoli

Vegetables are packed with vitamins, minerals, and fiber but low in calories, making them a healthy and tasty addition to any meal!

2 Add some **FRUIT**

Kiwi Berries Strawberries Pineapple Watermelon Tomato

Including all colours of the rainbow in your diet ensures that you are getting a diverse variety of vitamins and minerals!

3 Add a little **CRUNCH**

Pumpkin Seed Cracker Dry Cereal Sunflower Seed Baked Pita Dried Fruit

Adding seeds boosts your intake of protein, healthy fats, fibres, vitamins and minerals. It also adds texture and flavour!

4 Pack on the **PROTEIN**

Tofu Grilled Chicken Salmon or Tuna Chickpeas Greek Yogurt Hard Boiled Egg

Protein sources like these make your lunch heartier and help you feel satisfied longer. Protein also helps to repair and rebuild muscle tissue!

5 A little **SNACK**

Cheese Popcorn Granola Bar Rice Cakes Pickles & Olives Graham Cracker

Snacks are great when enjoyed in moderation. Easy to customize to your preference and diet.

Allowing kids to make their own lunch is empowering. They can be in charge of a significant part of their diet, which goes a long way towards a healthy relationship with food and cooking.

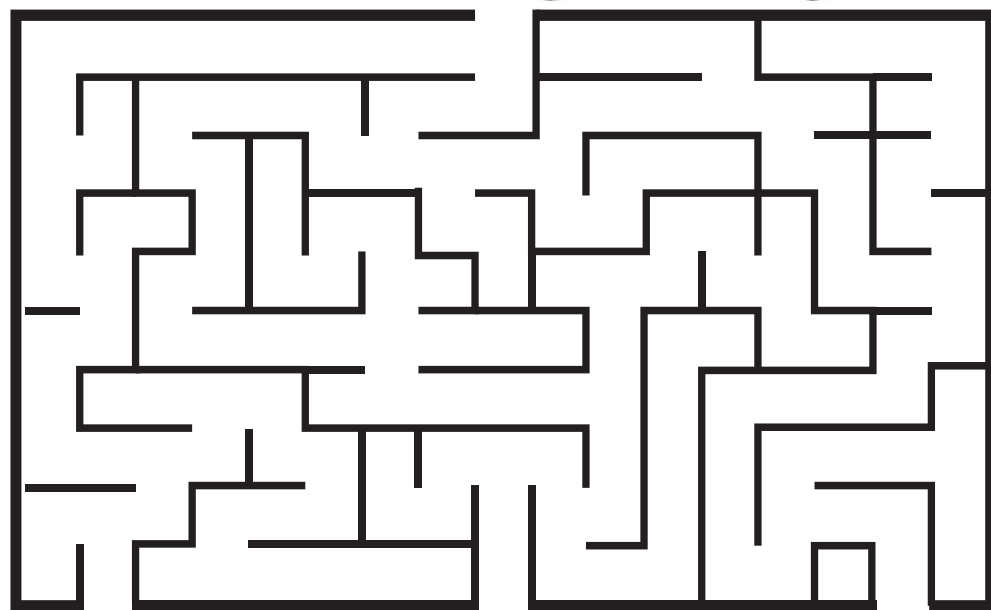
ACTIVITY

Mobile Food Market Travels

Can you drive The Nourish and Develop Foundation's Mobile Food Market van to three of our neighbouring towns?



Our Mobile Food Market will travel to various locations around Brock Township to offer fresh local produce, meal kits, and prepared meals at affordable prices.



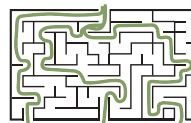
Sunderland

Cannington

Beaverton



Answer Key:



Want to learn more about our Mobile Food Market? Visit our website!
www.tndf.ca/mobilefoodmarket/

EXPERIENTIAL LEARNING

Explore your Spring Senses

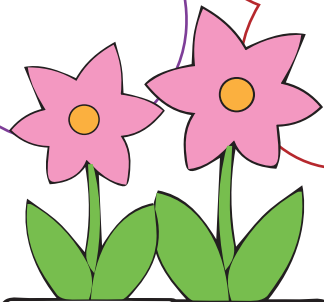
Feels like...

Tastes like...

Sounds like...

Looks like...

Smells like...



CRAFT

Shadow Figure Tracing



You will need:

- Paper or card stock to draw on
- Animals or dinosaurs figurines
- Pencils or markers

Directions:

1. When the sun is casting a long shadow, arrange your paper on a hard surface to draw on.



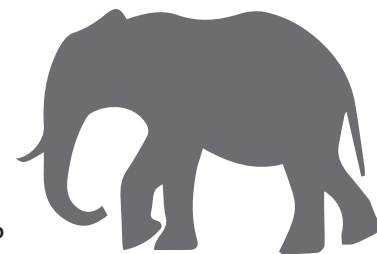
2. Line up the figurines on the edge of the paper closest to the sun. Arrange the scene to your liking.

3. From the opposite side of the animals using your pencil or marker trace the shadow.

4. Once you have finished tracing the animals you can add more or colour your drawing.

Tips:

- Colour a background onto your paper before tracing the shadows
- For sunset scenes, fill your figure outlines in with a darker solid colour to create a silhouette.
- Use rocks or tape to hold your paper down on windy days.
- Try tracing other figurine toys such as action figures or vehicles.
- Experiment: What other shadows can you trace?



EXPERIENTIAL LEARNING

'Seed Bomb' Instructions

Need seeds? Visit one of our 3 Seed Library locations within each of the Brock Public Library branches.

You will need:

- Recyclable paper
- Seeds
- Bowls
- Blender or food processor
- Strainer or colander

Some suggested pollinator-friendly seeds:

- Aster
- Black-eyed Susan
- Cone Flower
- Daisy
- Dill
- Oregano
- Poppy
- Snapdragons

SEED LIBRARY

Directions:

1. Tear up your paper into small pieces and place them into a large bowl. Fill with water and soak for 10 minutes.
 2. Fill a blender or food processor. Blend until you have mushy pulp, somewhat like the consistency of oatmeal.
WARNING: never let a child use a blender unless supervised by an adult.
 3. Strain the blended paper in a colander.
 4. Pour the contents from the colander into a separate bowl.
 5. Add seeds to your pulp and mix.
 6. To make seed balls squeeze out as much water as you can, and roll it into a firm ball. Optional: squish it like a pancake (it will dry faster).
 7. Place it on a drying rack to dry.
 8. After your seed 'bombs' are dry, they're ready to be planted or given as a gift to a loved one!
- Tip:** You can add color to your seed balls by either using colored paper or adding food coloring to your mixture.



RECIPE

Time: 30 mins

Servings: 4

Raspberry-Banana Tacos

Ingredients:

- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 large egg, room temperature
- 1 cup 2% milk
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/3 cup cream cheese, softened
- 3 tablespoons vanilla yogurt
- 1 small banana, sliced
- 1 cup fresh raspberries

Directions:

1. Whisk together flours, sugar, baking powder, cinnamon and salt.
2. Combine egg, milk, canola oil and vanilla; stir into dry ingredients just until moistened.
3. Preheat a griddle over medium heat. Lightly grease griddle. Pour batter by 1/2 cupfuls onto griddle; cook until bubbles on top begin to pop and bottoms are golden brown. Turn; cook until second side is golden brown.
4. Meanwhile, beat together cream cheese and yogurt. Set aside.
5. Spread over pancakes; top with banana and raspberries. Fold up.

Tips:

- Substitute equal amounts of all-purpose flour for whole wheat flour if you do not have any on hand.
- You can include any of your favourite fruits you enjoy!



MOBILE FOOD Market

Hello,
how can I help?

Bringing Good Food...

MOBILE FOOD
Market

...Closer to You

