



THE NOURISH AND DEVELOP FOUNDATION

ACTIVITY BOOKLET - 2022

Summer Edition

*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.

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

CONTACT US:
705-432-2444 | info@tndf.ca | www.tndf.ca

FOLLOW US:
[@nourishanddevelopfoundation](https://www.instagram.com/nourishanddevelopfoundation)

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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

Scavenger Hunt

Look high and low, see how many items you can find on the list!

Can you find...

- Rock
- Leaf
- Pine cone
- Wild flower
- Bark
- Stick
- 3 leaf clover
- Green grass
- Feather
- Snail
- Frog
- Bicycle

Touch something...

- Soft
- Smooth
- Rough

Shape of...

- a circle
- a square
- a triangle

Colour of something...

- Blue
- Red
- Yellow



RECIPE

Time: 2 hour & 5 mins

Servings: 6

Kiwi Watermelon Popsicles

You will need:

Watermelon layer

- 3 cups watermelon – seeds removed
- 1 tbsp honey or maple syrup

Kiwi layer

- 2 cups peeled & sliced kiwi
- 2½ tbsp honey or maple syrup

- popsicle mold

OR

- small disposable paper cups & sticks

Directions:

1. Remove the seeds of the watermelon and blend with your honey or maple syrup in a food processor until smooth.
2. Take your 6 popsicle molds and pour the watermelon mixture into each one, filling them until they are about $\frac{2}{3}$ full. Place them in the freezer for 30 minutes or more, until slightly firm.
3. Rinse your mixer and then blend the kiwi with your honey or maple syrup, to make the second layer.
4. When your popsicles are ready, remove them from the freezer and pour in the remaining third of the height with the kiwi mixture.
5. Pop the sticks in the popsicle mixture or add the tops on and freeze for 2 hours or overnight.



Image source:

The View From Great Island. © 2022 Accessed May 25, 2022.
<<https://theviewfromgreatisland.com/watermelon-kiwi-popsicles-recipe/>>

ACTIVITY

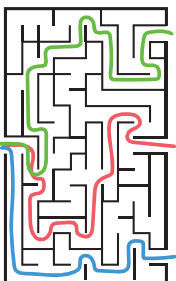
Mobile Food Market Adventure



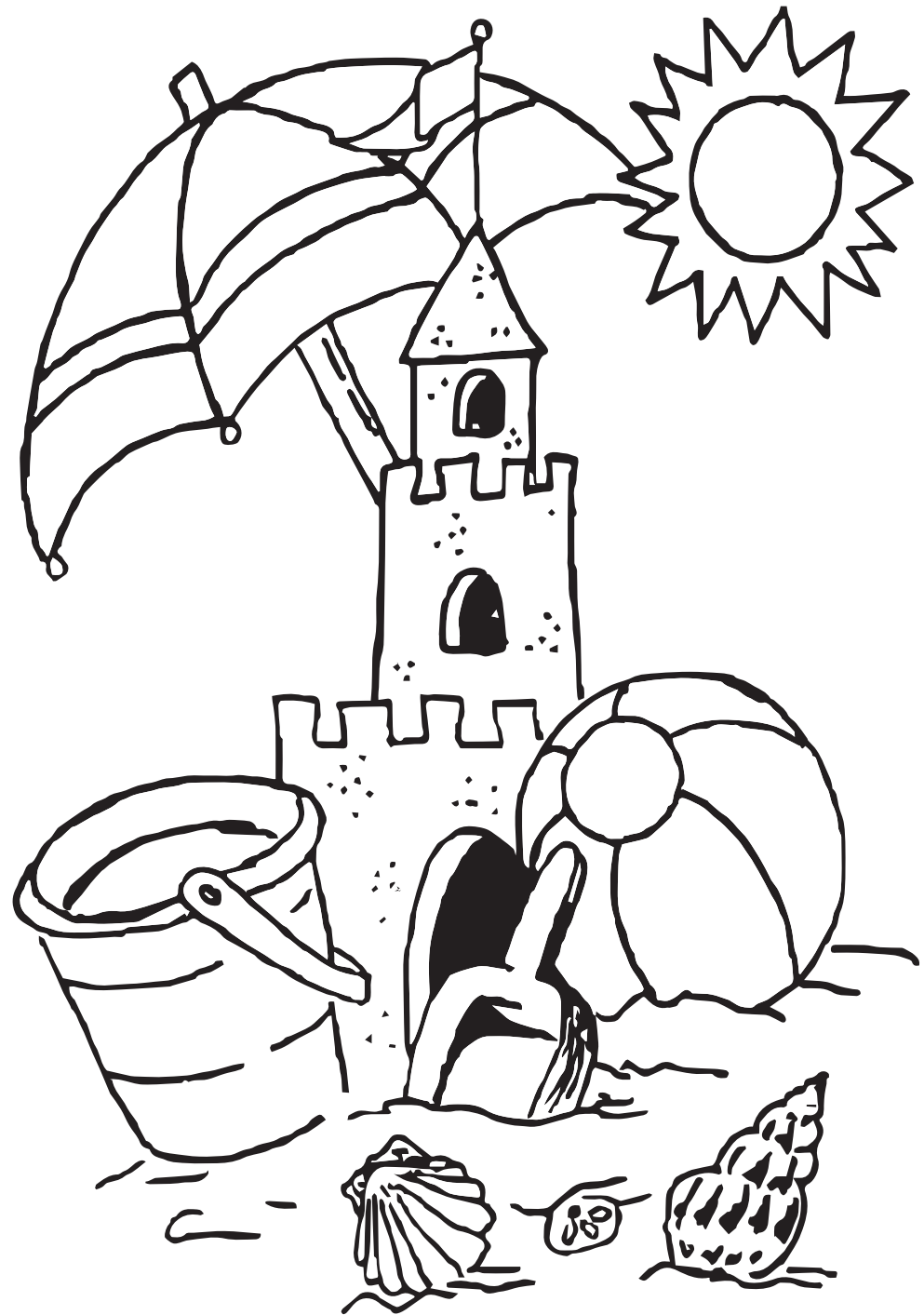
Can you drive The Nourish and Develop Foundation's Mobile Food Market van to three of our neighbouring towns?



Answer Key:



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



CRAFT

Rain Stick Instrument

You will need:

- Cardboard tube
- Paint
- Large, brown paper bag
- Yarn
- Rubber bands
- Scissors
- Pipe cleaners
- Material for inside the rainstick (Beads, rice, beans, or other)

Directions:

1. Paint your cardboard tube, let it dry.
2. Cut out two circles from a large, paper grocery bag. Crumple the paper up to make it soft and look worn. Optional: cut some fringe around the outside of the circle.
3. Attach one circle to the end of your cardboard tube using a rubber band.
4. Experiment with different ways to fill your rain sticks. Combination of a few twisted pipe cleaners inside the tube along with rice or other materials.
5. Once you're happy with the sound of your rain stick, rubber band the other paper circle to the opposite end.
6. Tie some different colored pieces to yarn to each end for decoration. Create music!



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!

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

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.

**SEED
LIBRARY**

EXPERIENTIAL LEARNING

Smores Solar Oven

You will need:

- Pizza Box
- 2 Clear Sheet Protectors
- Black Construction Paper
- Tape (Clear & Duct)
- Utility Blade
- Thermometer
- BBQ Skewer
- Glue
- Tin Foil
- Ruler
- Pen

Food:

- Marshmallows
- Chocolate
- Graham Crackers

****Adult Supervision****

Directions:

1. Under adult supervision measure a square two inches from the sides on the top of the pizza box and cut three sides with the straight edge.
2. Line the box with tin foil, and add black construction paper in the bottom with the tape.
3. Separate the plastic covers and cover the opening in the top of the pizza box. Tape the sides so that the plastic is as tight as you can get it.
4. Add attach the skewer to the side of the box with tape to prop up the lid.

Making Smores:

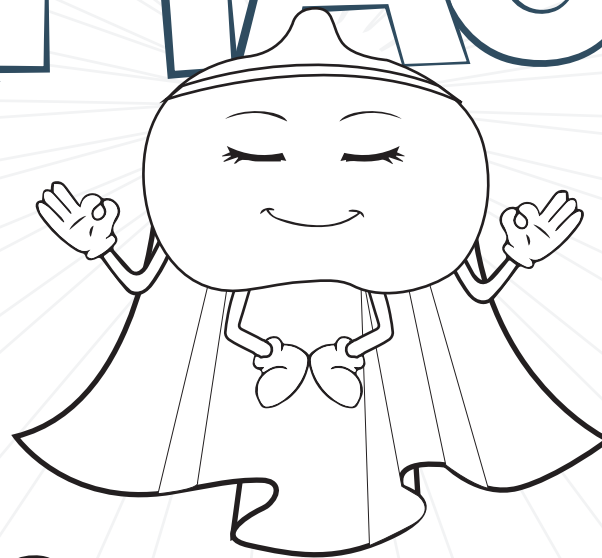
1. Place the graham crackers on the black construction paper.
2. Place a portion of chocolate on the graham crackers. Then place a marshmallow on the layer of chocolate. Repeat with remaining graham crackers.
3. Set your timer and see just how long it takes to make your s'mores, experiment with different locations outside.



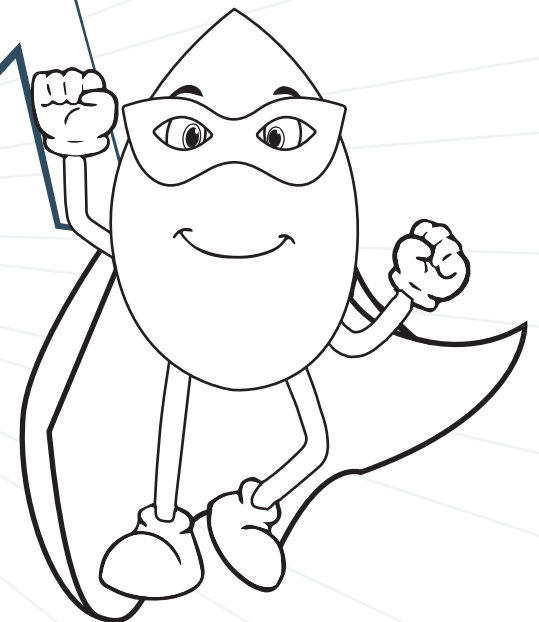
SNACK ATTACK



BLACK
BEAN



CHICKPEA



OATS