

THE NOURISH AND DEVELOP FOUNDATION

ACTIVITY BOOKLET 6.0

Summer Edition



In this book, you will find fun activities, ideas, and inspiration for activities to keep your mind busy as the weather gets warmer.

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

Nourishing Lives... Developing Change

If you have found yourself recently unemployed or quarantined and are in need of food that you can no longer afford, we are here to help. Intakes can be done over the phone and pickups can be arranged (deliveries may be possible). Call us to speak directly to a staff member who can help.

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

  @nourishanddevelopfoundation

AROUND TOWN SCAVENGER HUNT

OUTDOOR
ACTIVITY

Explore our
great
community!



The Gazebo



Nourish Hub



A Canadian Flag



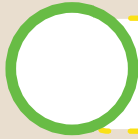
Thrift Hub



Holy Grounds Cafe



Maple Tree
Community Garden



Nourish & Develop Van
Driving Around Town



Macleod Park
Playground



Historic Train
Station



Skate Park

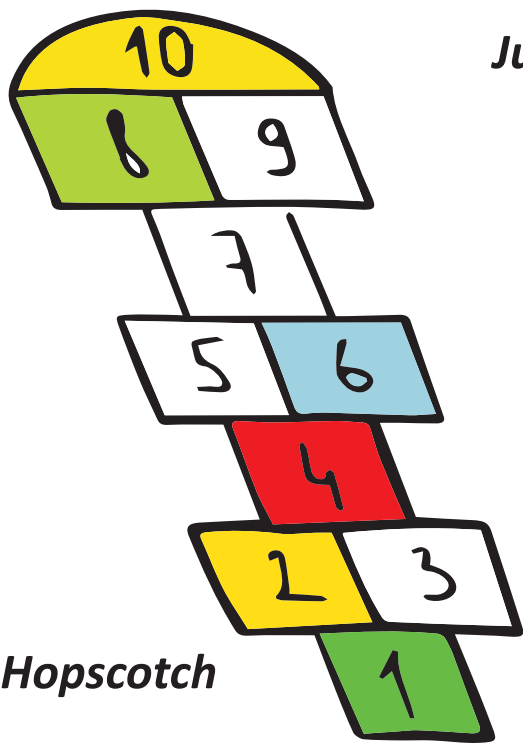


Historic Log Cabin

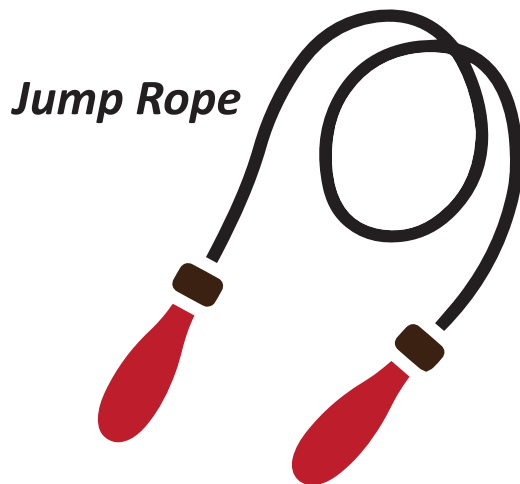


OUTDOOR GAMES & ACTIVITIES

OUTDOOR
ACTIVITY



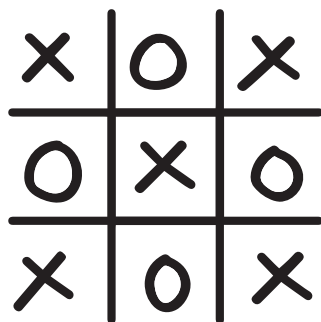
Hopscotch



Jump Rope



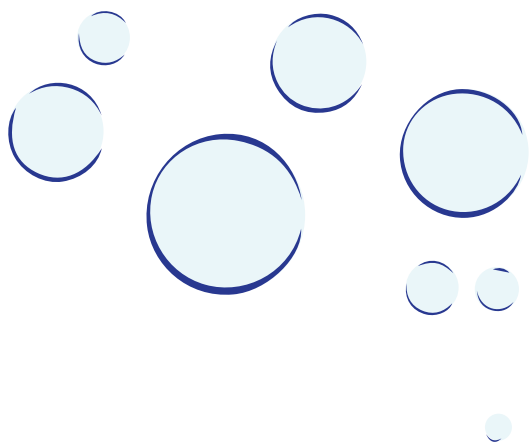
Hula Hoop



Tic Tac Toe



Throw a Frisbee



Marble Bounce



Blow Bubbles



Freeze Dance



RAINBOW FRUIT SALAD JARS

RECIPE

Time: 12 Min. | Serves: 4



You will need:

- 1 ½ cups natural yogurt
- 1 tbsp honey (optional)
- 2 cups green grapes
- 2 kiwi fruits
- ½ cup canned apricot halves in light syrup
- 2 easy peel oranges
- 8 medium sized strawberries
- 1 cup fresh blueberries
- 4 clean jars

Directions:

1. Mix the yogurt with the honey, then divide between the 4 jars, carefully spooning into the bottom of each jar and avoiding dripping it down the sides if possible.
2. Prepare the fruit - wash and halve the green grapes, peel and roughly chop the kiwi fruits, roughly chop 4 apricot halves (reserve the syrup), peel and break the oranges into segments, wash, hull and roughly chop the strawberries, wash the blueberries.
3. Carefully divide the fruit between the 4 jars, layering in rainbow order - kiwi, green grapes, apricot, orange segments, strawberries and blueberries.
4. Drizzle a spoonful of the reserved syrup from the canned apricots over the fruit in each jar and serve immediately.



Alternative Fruit Ingredients:

Green / White

- Kiwi
- Green Grapes
- Honeydew melon
- Apple
- Pear (fresh or canned)

Yellow

- Mango
- Pineapple
- Peach (fresh or canned)
- Apricot (fresh or canned)
- Banana

Orange

- Clementine, Mandarin, Satsuma, etc
- Navel Oranges
- Cantaloupe melon
- Nectarine
- Persimmon

Red/Pink

- Strawberries
- Raspberries
- Watermelon
- Red Grapes
- Plum
- Cherries
- Pomegranate seeds
- Blood Oranges

Blue

- Blueberries
- Blackberries

DASH & DINE WORD SEARCH

Activity

Summer has returned and so has our Dash & Dine Market!
Visit the market to pick up fresh, local produce and chef
made meals.

DASH
& DINE

D	S	O	H	X	Q	M	A	C	N	C	H	E	E	S	E	T	T
A	E	M	A	S	O	U	V	L	A	K	I	S	H	M	C	V	Y
S	P	D	V	P	L	O	C	A	L	P	R	O	D	U	C	E	Y
H	T	W	X	O	V	S	H	E	Q	I	U	R	A	E	V	A	U
X	E	Q	S	V	E	I	W	W	N	Y	U	Q	I	C	D	P	W
P	M	E	T	U	E	S	D	A	Y	A	X	F	M	N	L	T	U
D	B	Q	T	P	W	A	U	G	U	S	T	U	D	I	N	E	K
P	E	B	L	A	C	K	B	E	A	N	B	U	R	G	E	R	S
Z	R	J	N	C	M	O	C	T	O	B	E	R	B	L	H	S	O
Z	R	L	S	G	U	U	E	M	I	G	X	E	G	M	D	K	U
O	R	L	K	G	R	J	U	L	Y	W	L	K	C	I	M	N	B
R	P	R	E	P	A	R	E	D	D	I	N	N	E	R	S	U	M

Find the following words in the puzzle

AUGUST

BLACK BEAN BURGER

DINE

DASH

JULY

LOCAL PRODUCE

MAC N CHEESE

OCTOBER

PREPARED DINNERS

SEPTEMBER

SOUVLAKI

TUESDAY

*For upcoming Dash & Dine
Market dates visit our website!
www.tndf.ca/dash-dine/*

Answer Key:

D	S	M	A	C	N	C	H	E	E	S	E	.	.		
A	E	S	O	U	V	L	A	K	I	S	H	M	C	V	Y
S	P	L	O	C	A	L	P	R	O	D	U	C	E	Y	
H	T	O	V	S	H	E	Q	I	U	R	A	E	V	A	U
X	E	Q	S	V	E	I	W	W	N	Y	U	Q	I	C	D	P	W	.	
P	M	E	T	U	E	S	D	A	Y	A	X	F	M	N	L	T	U	.	
D	B	Q	T	P	W	A	U	G	U	S	T	U	D	I	N	E	K	.	
P	E	B	L	A	C	K	B	E	A	N	B	U	R	G	E	R	S	.	
Z	R	J	N	C	M	O	C	T	O	B	E	R	B	L	H	S	O	.	
Z	R	L	S	G	U	U	E	M	I	G	X	E	G	M	D	K	U	.	
O	R	L	K	G	R	J	U	L	Y	W	L	K	C	I	M	N	B	.	
R	P	R	E	P	A	R	E	D	D	I	N	N	E	R	S	U	M	.	



SHADOW FIGURE TRACING

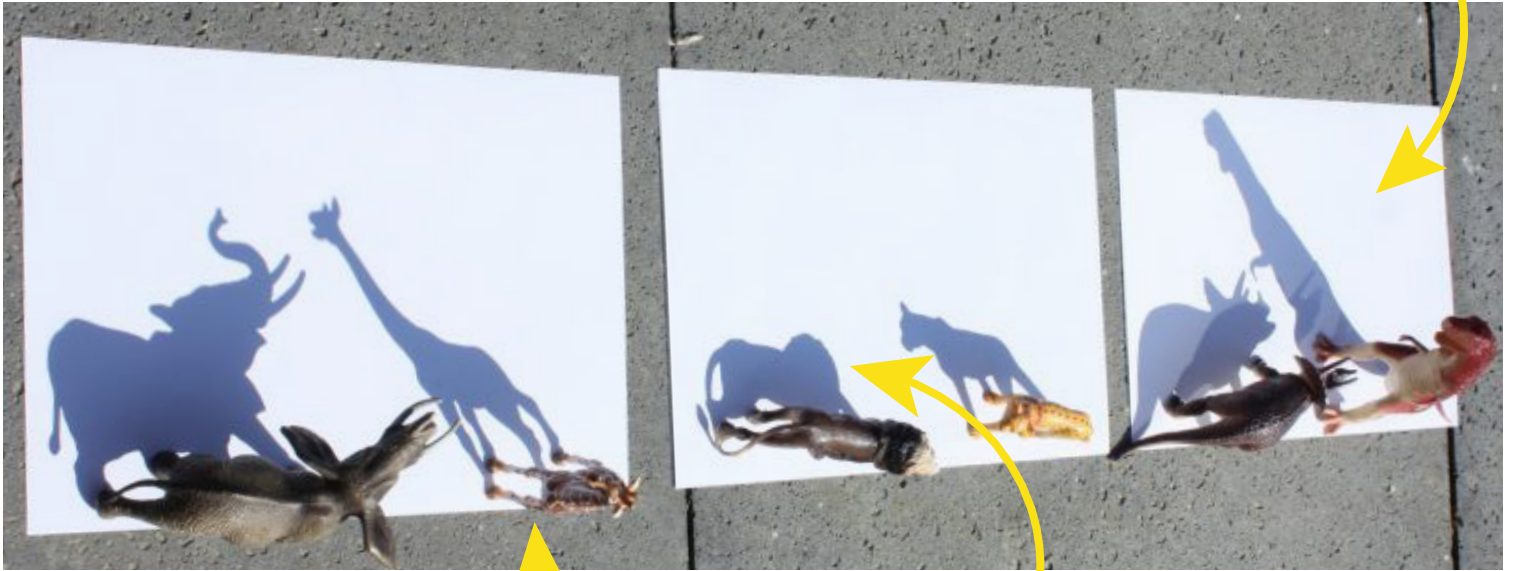
CRAFT

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.



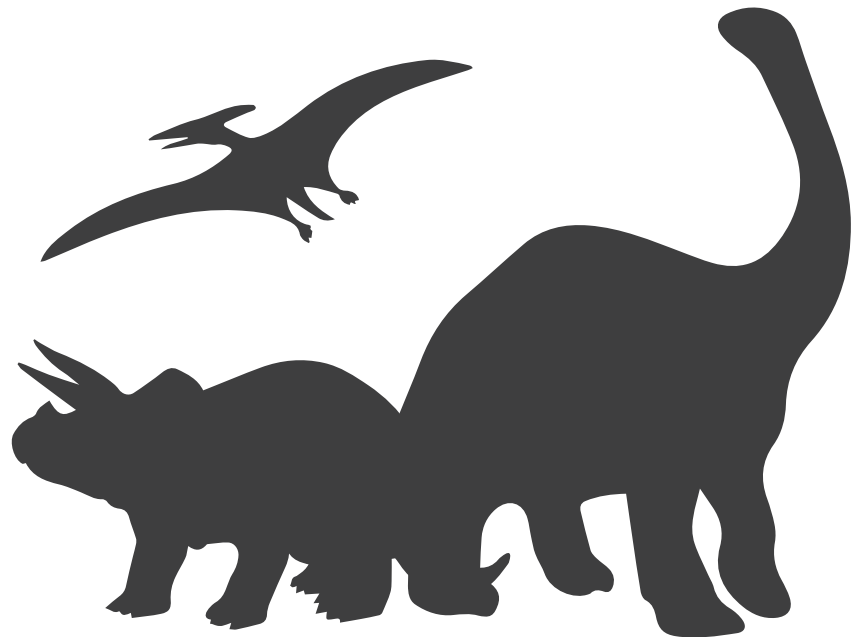
2. Line up the figurines on the edge of the paper closest to the sun. Arrange the scene to your liking.

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?

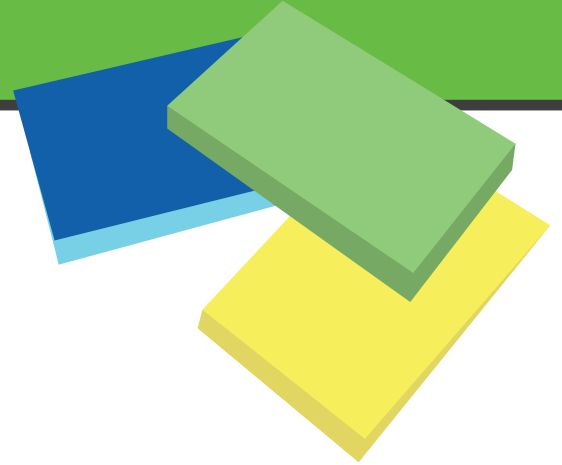


SPONGE WATER “BALLOONS”

OUTDOOR
ACTIVITY

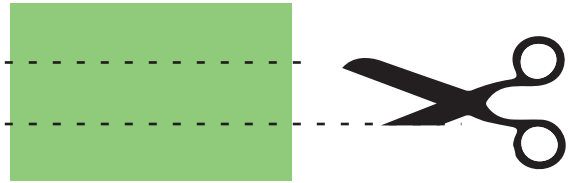
You will need:

- 3 different coloured sponges (without the scrub pad)
- Twine
- Scissors

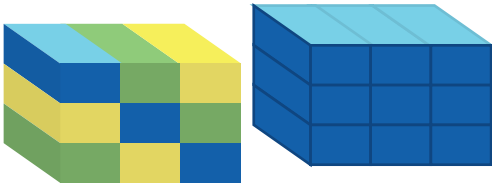


Directions:

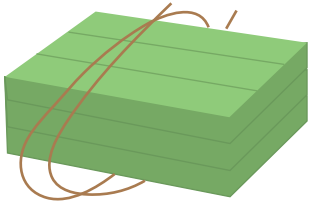
1. Cut three different sponges into 3 strips of the same size. Each strip will be about an inch wide.



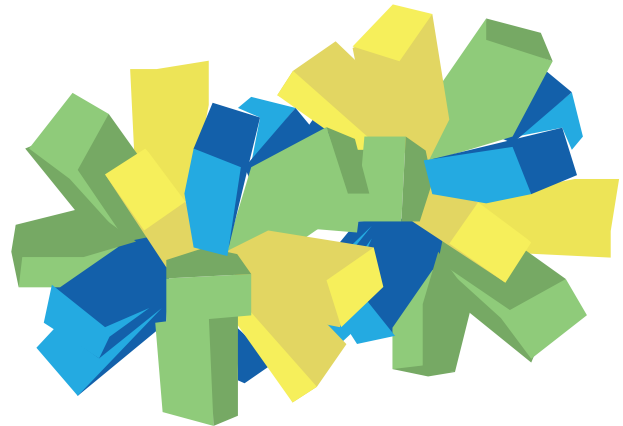
2. Stack them so the colors are in different orders, you'll have 9 different strips. Or you can either make them all the same color.



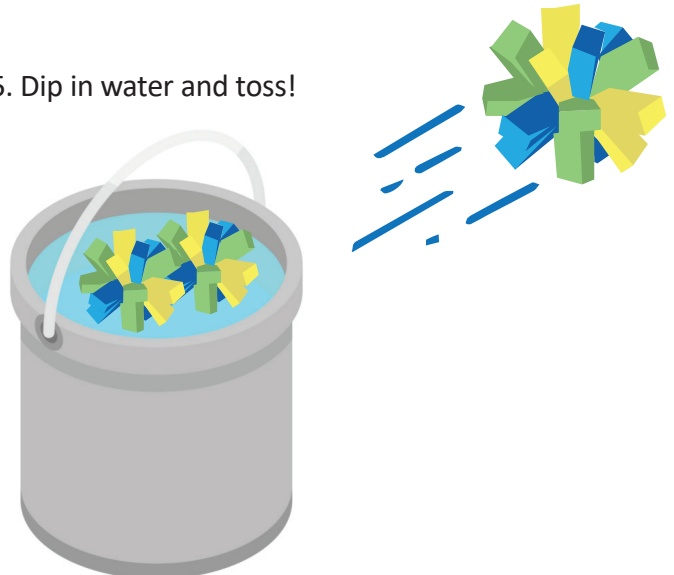
3. Wrap the twine around the middle of the sponge strips and tie tightly. Tie a double knot or triple knot for extra security.



4. Trim away the excess twine. Pull the sponge strips out so they form a ball.



5. Dip in water and toss!

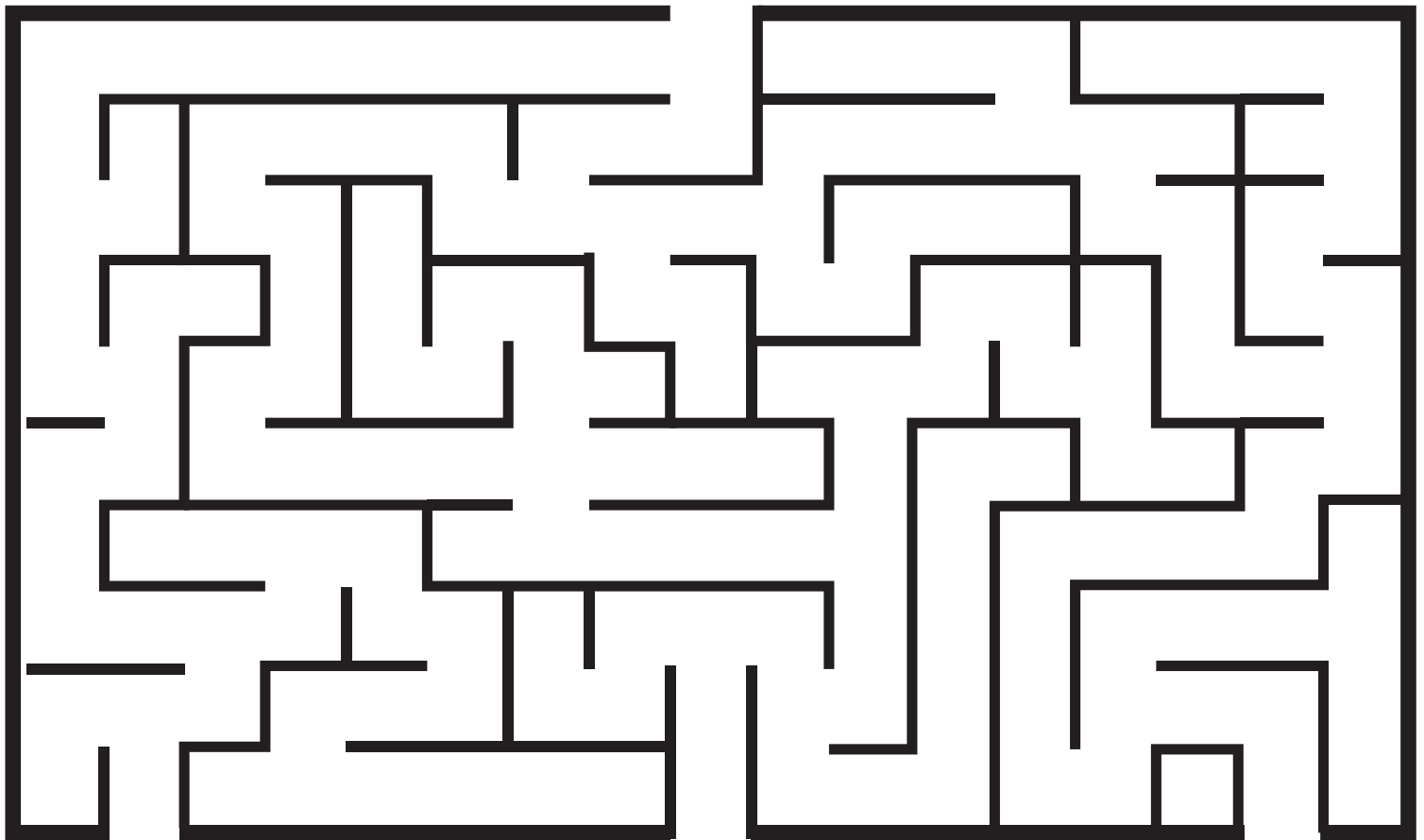


MOBILE FOOD MARKET ADVENTURE

Activity

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.

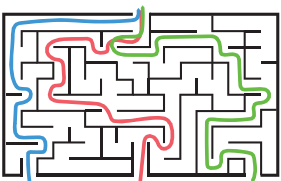


SUNDERLAND

BEAVERTON

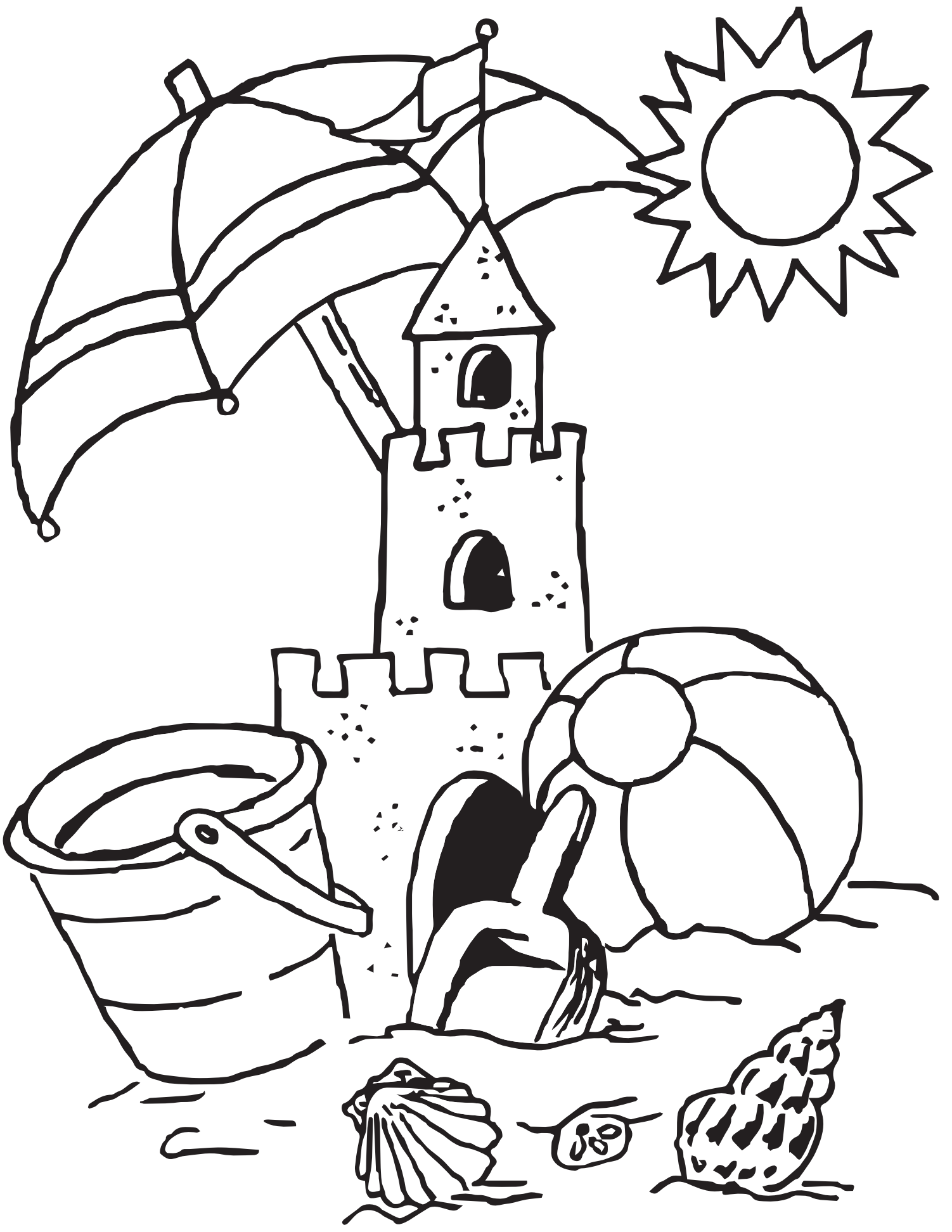
MANILLA

Answer Key:



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





COOL & EASY TURKEY ROLL-UPS

Time: 30 Min. | Serves: 16

RECIPE

You will need:

- 8 ounces cream cheese softened
- 1/4 cup whole berry cranberry sauce
- 8 (10-inch) flour tortillas (see notes)
- 1/2 head romaine or green leaf lettuce torn into 4-inch pieces
- 16 slices deli turkey
- 16 slices Havarti or Swiss cheese halved
- 2 medium tomatoes halved and sliced

Directions:

1. With adult assistance, in a small bowl, mix cream cheese with cranberry sauce until uniformly combined.
2. Lay one tortilla flat on a cutting board and spread a thick layer of cream cheese all the way to the edges. Layer 3 lettuce leaves down the middle of the tortilla.
3. Layer two slices of turkey and 4 pieces of cheese on top of the lettuce. Top with several slices of tomatoes.
4. Starting at one end of the tortilla, roll tightly towards the filling. Continue rolling until the filling is tightly wrapped and the cream cheese holds the roll-up together.
5. Continue with the remaining tortillas until all have been assembled.
6. Wrap each tortilla roll-up tightly in plastic wrap.
7. Chill the wrapped roll-ups in the refrigerator until serving time. To serve, trim any unfilled ends away. Slice each tortilla into 8 equal pieces.

Tips:

Substitute tortillas for square flat bread.

Substitute deli turkey for chicken or ham.



SMORES SOLAR OVEN

EXPERIMENT

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 S'mores:

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.

