

# Fiddleheads Food Co-op

Dear Participant,

We at Fiddleheads know how challenging it can be to feed children healthy food. As caregivers we want our children to get the best nutrition; enjoying a variety of foods is one step towards greater health. This summer, Fiddleheads is proudly offering a tasting adventure as a fun way to expand your children's healthy food experience. We introduce you to the Fiddleheads Veggie Passport.

The Veggie Passport is a six-week program, open to co-op members and non-members alike. Free to sign up, your family will receive a passport and a packet of information and resources (including serving suggestions and recipes) which will help them embark on a new food escapade. Every week there will be two new vegetables available at a significant discount to passport holders - you can come in at any point of the week to pick up your vegetable. When your children come through the register with the vegetable and their passport the cashier will give the passport an "official" stamp, certifying their purchase.

Once at home we encourage you to explore the vegetable together. What does it look, taste, smell, feel like? How will you prepare it? What does it taste like raw as well as cooked? We encourage you to take photos of your creations and share them on our Fiddleheads Facebook page! There is a space on each page of the passport to write reactions and responses. Once your child's responses are filled in they can start looking forward to the next vegetable.

The program will culminate with a community party to celebrate our tasting adventure. Families should bring their passports to this fun event; a completed passport will earn the children a special opportunity to tie-dye their own shirt with a picture of their vegetable of choice. We'll have treats and music and crafts to celebrate.

The Fiddleheads Veggie Passport program will begin **Saturday, June 21st**. Registration will occur in the preceding week. Our final extravaganza will be held **Saturday, August 9th**. We look forward to providing you with a fun and healthy activity this summer and to meeting all of our courageous and adventurous tasters. If you have any questions please don't hesitate to get in touch with one of us. We'll see you in the co-op soon!

Sincerely,  
Amelia & Jessica

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