



Summer Fun Challenge Week Three:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Farm to Summer! Get to know a local farmer. Invite a farmer or master gardener to talk about where food comes from. Consider planting a seed to grow over the next few weeks.</p>	<p>You CAN do it! Cooking or healthy snack challenge with prizes for best recipe!</p>	<p>60 Minute Series: Bike Safety</p>	<p>Summer Fun! Sidewalk Chalk Art Contest</p>	<p>FUN Friday! Neighborhood Kickball Game</p>
<p>Who Can Help? Master Gardener Local Farmer Farmers Market Contact FFA members 4H members Parents Teachers *complete list in resource section</p>	<p>Who Can Help? Local Chef or restaurant owner Local grocery store to donate ingredients Extension Hospital dietitian or diet tech High School students YMCA *complete list in resource section</p>	<p>Who Can Help? Local Bike shop owner Local cycling enthusiast Safety Council YMCA *complete list in resource section</p>	<p>Who Can Help? Local artist or art teacher Teacher Parent High School students 4H members Anyone wanting to have fun!</p>	<p>Who Can Help? Local PE teacher or coach High School athletes Parents Rotary or Kiwanis members Police Officer Fireman Anyone willing to have fun!</p>

Complete: Send your photos to sliewer@hungerfreeheartland.org Social Media #NESUMMERFUN

