

••••• Barefoot At-Home Activities Kit ••••••

Pantry Play

Dive deep into your pantry and discover new things about the food you eat! (Note: these activities do not involve food preparation.)

- 1 Where's Our Food From? Grocery Games
 You'll be amazed to learn where your food came from and which ones traveled the longest distance to you.
- Cooking Up Connections: Appreciate where food comes from In this mindfulness activity, notice how you are connected to the people, plants and animals that provide the food you eat.
- Spark Your Senses: Spice Tasting
 Use your senses to play a guessing game with spices.
- To Market We Will Go: Imaginary Markets
 Set up a pretend global market in your own home!









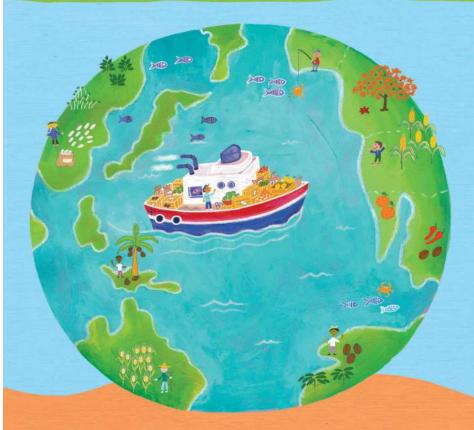






Where's Our Food From? Grocery Games (Global)





Do you know where your dinner has been? Finding out where our food comes from connects us to the people who grow, pick, prepare and transport our food. Do some sleuthing the next time you're in a kitchen or supermarket!



Card from Mindful Kids

