

SPRINGS FRESH FOOD PROGRAM



The Springs Market

EDUCATIONAL WORKSHOPS

- Equip families with knowledge about nutrition and meal planning, empowering them to make healthier food choices.
- Teach practical skills that families can use to prepare balanced meals at home.
- Enhances understanding of agriculture's significance in the economy and community.

BENEFITS





FARM AND GARDEN TOURS

- **Support for Local Economy:** We will partner with local farmers and businesses to prioritize sourcing, sustaining jobs and supporting families in our community.
- **Freshness and Quality:** Our program will prioritize sourcing fresh, high-quality produce from local growers with regular deliveries, ensuring families receive the freshest food. This commitment will enhance meal taste and promote healthier eating habits.
- **Environmental Sustainability:** Springs Fresh Market Initiative will use sustainable sourcing to reduce our carbon footprint and engage families in activities that promote environmental awareness among children and families.

Benefits



INTERACTIVE LEARNING

Benefits

- Makes learning about food and farming fun through games and creative activities that engage young minds.
- Helps children retain knowledge about nutrition and agriculture by participating in hands-on experiences.
- Encourages creativity and critical thinking through artistic expression related to food.



COOKING CLASSES

- Engages children and parents in cooking together, fostering teamwork and culinary skills.
- Promotes healthy eating habits by teaching families how to prepare nutritious meals using local ingredients.
- Provides budget-friendly recipes that make healthy eating accessible to all.
- Have chefs visit to teach different cooking methods
- Partner with local commissary kitchens

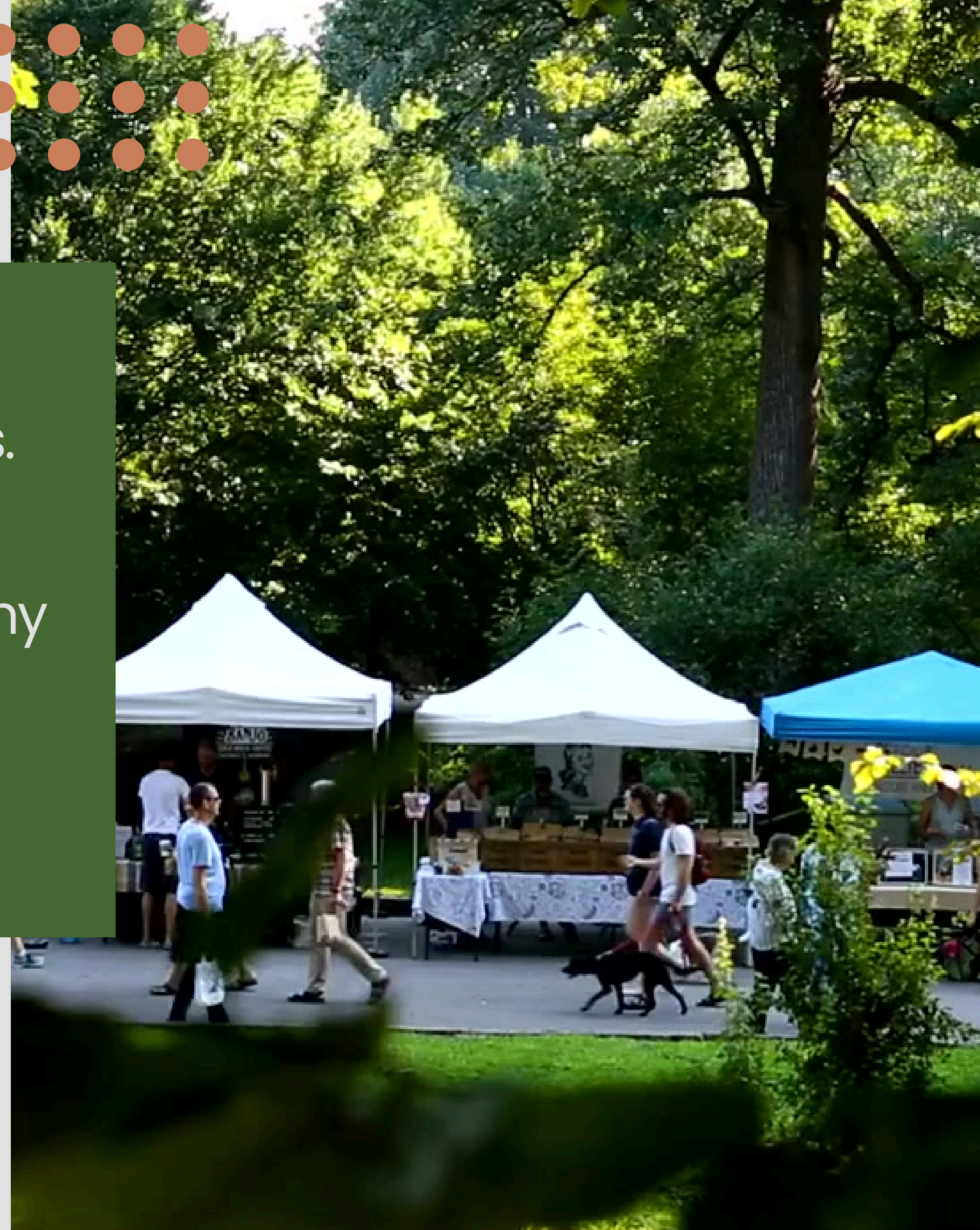
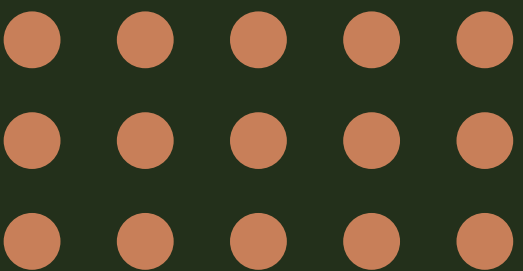


MARKET DAYS



- Allows families to interact directly with local farmers, promoting community connections.
- Educates children about seasonal produce and the importance of choosing fresh, healthy options.
- Offers a fun, vibrant atmosphere that makes learning about food enjoyable.

BENEFITS



FOOD DISCOUNT

- Participants will complete an eight-week course held four times a year, which will enable them to receive a 20% discount at The Springs Market for one calendar year from select vendors. This initiative aims to promote healthy eating habits and strengthen community ties through education and engagement.
- Enhanced Knowledge: Participants will gain essential skills in nutrition and meal planning, empowering them to make healthier food choices for their families.
- Community Connection: The program fosters relationships between families and local farmers, encouraging support for the local economy and sustainable practices.
- Practical Skills: Families will learn budget-friendly cooking techniques using local ingredients, making healthy eating accessible and enjoyable.



Benefits

COMMUNITY PARTNERSHIPS

- Creates a support network among local farmers, nutritionists, and families, enhancing the program's resources.
- Encourages collaboration that can lead to additional community initiatives and support systems.
- Provides access to expert advice on nutrition and health, benefiting families' well-being.

