

Farmers' Market



Why

If you have the chance to shop at a local **farmers' market** with your child, you **should definitely do it!**

- It is **better** for the **environment**.
- It helps to **conserve fields and pastures**.
- It **reduces contamination**, due to the short distances.
- You usually find **fresher** and **tastier** fruits and vegetables.
- It is **better** for your **health**, since pesticides are minimal or not allowed.
- You **support farmers' families** and **local agriculture**.



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What

Your child
can learn lots
of things **from**
local farmers'
markets!



Empathy for the planet:

- Where products come from.
- How plants grow and which fruits and vegetables are in season.

Critical thinking and problem solving:

- The difference between buying in a supermarket and in a local farmers' market.
- How these can positively impact the planet, local culture, and economies as well as their health.

Planning and flexibility:

- Be able to adapt based on availability.

Importance of shopping lists



WHY

THEY HELP YOU:

- Reduce impulse and unnecessary purchases.
- Plan more consciously.
- Save money and time.
- Reduce food waste in your kitchen.

**Don't forget
your shopping
list at home!**



Before you go shopping we recommend you to:

- Prioritize foods that are about to expire.
- Check and take note of what's left in the fridge and cupboards.
- Prepare a meal plan for the week.

Importance of a shopping list



WHY

Creating the shopping list together with your child will **promote** her:

- **Independence** and **self-confidence** in carrying out tasks (feeling that she plays an important role).
- **Flexibility** (decision making).
- **Communication** skills.
- **Cognitive** and **planning** skills.
- **Categorization, reading, and writing** skills.
- **Curiosity** for learning about new foods.

