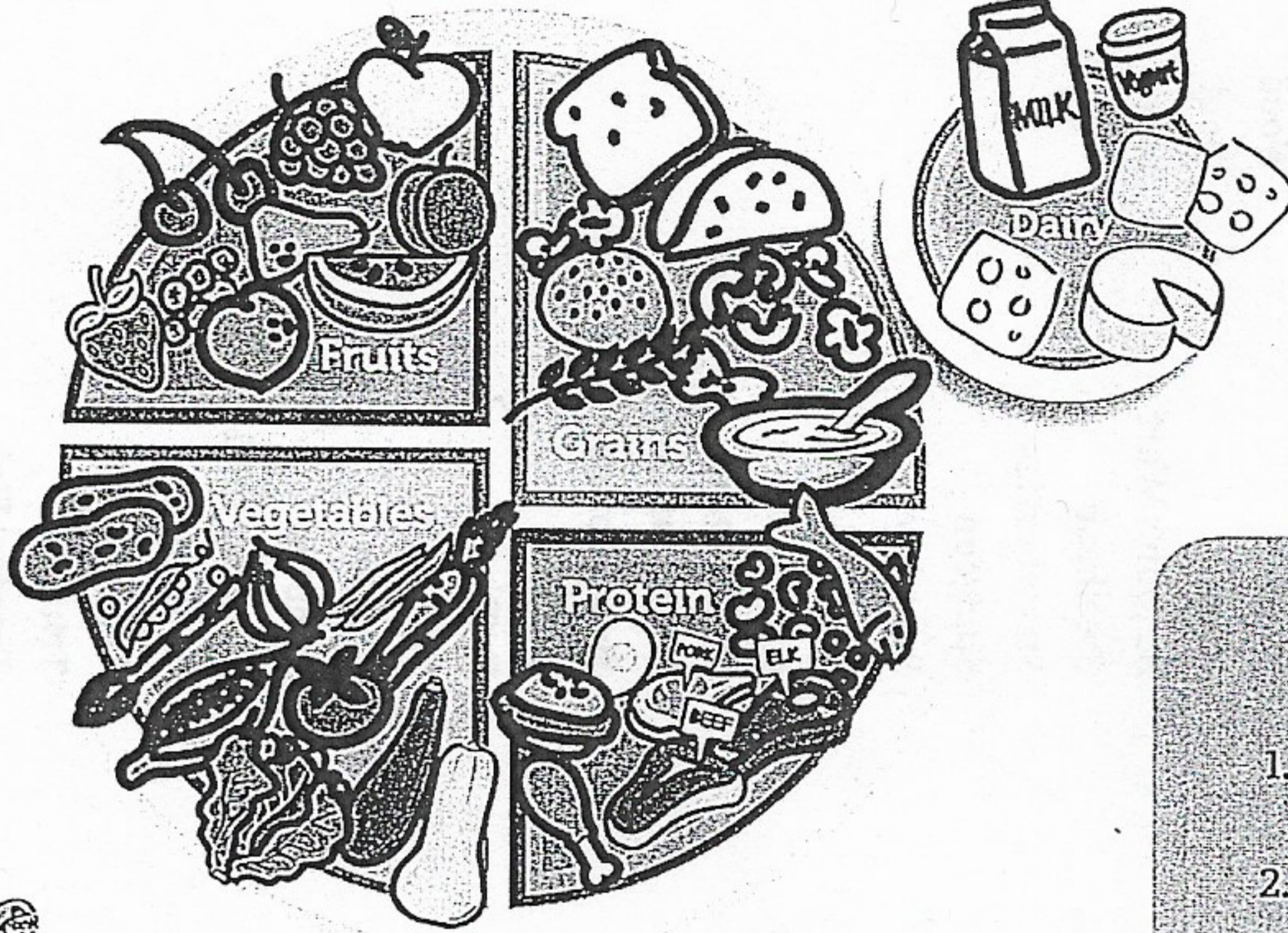


Student Name: _____ Due to your teacher by (teacher write-in): 9/17 Must be postmarked by: 9/30

FOOD PLATE FUN PASS!



Lowe Family
FARMSTEAD

CORN MAZE & PUMPKINFESTIVAL

2500 S. EAGLE RD. - KUNA, IDAHO
WWW.FARMSTEADFESTIVAL.COM

HOW IT WORKS

1. Eat something from each food group every day for a week.
2. Each day, include at least one food that is grown in Idaho (see back).
3. Fill in the chart by writing the name of the foods you eat and turn this completed worksheet in to your teacher.
4. Get a FREE pass to The Farmstead!

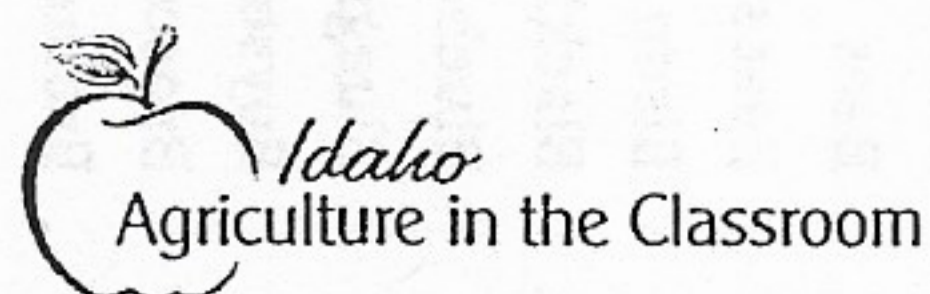


MyIdahoPlate

Eat Right. Eat Local. Exercise. Have Fun!

	FRUITS	VEGETABLES	GRAINS	PROTEIN	DAIRY
M					
T					
W					
T					
F					
S					
S					

In cooperation with:



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