

Blast Off!

At a Farmer's Market

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FND 252

Object of the Game

- The object of the game is to find diverse foods at a local Farmer's Market – to create enough "Rocket Fuel" for online Blast off Game.
 - Launching a rocket into space requires a LOT of fuel, you have to overcome gravity and send the rocket many miles to reach it's orbit in space
 - just like your body requires food for fuel
 - Getting the right amounts of fuel and quality fuel is important
- Requirements
 - Computer/internet/printer
 - Access to a Farmer's market
 - Adult facilitation - varies by participant age

Instructions

1. Find a local Farmer's Market
 - <https://www.ams.usda.gov/local-food-directories/farmersmarket>
2. Print off the Rocket Fuel list of foods (Chart 5)
3. Visit the market, and check off the foods you would eat, fueling your rocket
4. Enter the foods into the USDA "Blast Off" game to evaluate the nutritional content of your choices
 - <https://www.fns.usda.gov/blastoff>
5. Adjust choices if needed to make the Rocket Launch
6. Bring Rocket Launch results to next RD Appointment for a prize!


Step 1: Finding your Local Market

- Local markets are a place for fresh, seasonal food that is grown organically and sustainably
- Follow the link to the USDA website
- Enter your zip code and Search

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[Instructions](#)

[Search Near](#) | [Products Available](#) | [Payment Accepted](#) | [Market Location](#) | [Winter Markets](#) | [State Contacts](#)

Search near ZIP: Distance:  [Map Results](#)

Info	MarketName	City	State
	<input type="text"/>		<input type="text" value="All"/>
📍	3.2 Santa Fe Farmers Market - Southside Market	Santa Fe	New Mexico 🔗
📍	4.3 Santa Fe Farmers' Market	Santa Fe	New Mexico 🔗

Food Choices

- Apples
- Apple Juice
- Cheese
- Milk
- Tomato
- Blueberry Muffin
- Whole Grain Bread
- Beef
- Mushrooms
- Cherries
- Strawberries
- Carrots
- Onion
- Potato
- Blueberries
- Honey
- Dried Beans
- Poultry
- Salad Greens
- Beans
- Squash
- Greens
- Beets
- Nuts
- Eggs

Mission Results

Blastoff

Print



MISSION REPORT RECEIVED!
From: Mission Control
To: Astronaut Karen
Based on your fuel choices the MyPlate space ship blasted off but didn't make it all the way to Planet Power. Review your mission status report below.

FOOD

<input checked="" type="checkbox"/> Grains:	Congratulations! You reached optimal levels.
<input checked="" type="checkbox"/> Vegetables:	Congratulations! You reached optimal levels.
<input checked="" type="checkbox"/> Fruits:	Congratulations! You reached optimal levels.
<input checked="" type="checkbox"/> Dairy:	Congratulations! You reached optimal levels.
<input checked="" type="checkbox"/> Protein:	Congratulations! You reached optimal levels.
<input checked="" type="checkbox"/> Fuel Tank: 1760	A little too much fuel.

ACTIVITY

<input checked="" type="checkbox"/> Minutes: 50	You need to be active every day to win. Get 60 minutes a day of active play, sports, or other exercise.
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MEALS

<input checked="" type="checkbox"/> Breakfast:	Well Done! You remembered to fuel up on breakfast!
<input checked="" type="checkbox"/> Lunch:	Well Done! You remembered to fuel up on lunch!
<input checked="" type="checkbox"/> Dinner:	Well Done! You remembered to fuel up on dinner!
<input checked="" type="checkbox"/> Snack:	When you pick a snack, always try and choose a healthy one!

CHANGE YOUR CHOICES **PLAY A NEW GAME** **QUIT TO MAIN MENU**

- . Enter your choices
- . Don't forget to enter physical activity time
- . Bonus points if you walked, rode a bike or used public transportation to get to the market

Personal Notes/Follow On

- There are many different children's games/activities on the USDA website!
- As a parent w. 14 years experience raising a special food needs child, I was both surprised and disappointed that in all my years interacting with metabolic doctors and RD's no one ever pointed me to these government resources
- Currently working to incorporate this game into the Santa Fe Farmers Market School Age curriculum
- Please contact Karen Casey, RD in training, at kcaseypb@gmail.com for more information