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

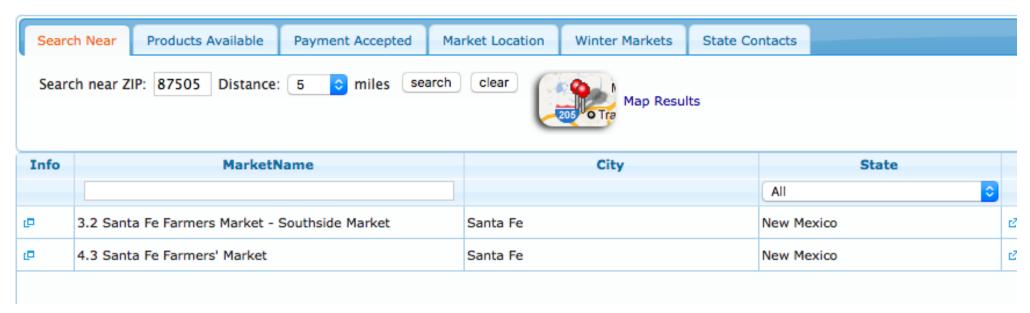
- 1. Find a local Farmer's Market
 - https://www.ams.usda.gov/local-food-directories/farmersmarket
- 2. Print off the Rocket Fuel list of foods (Chart 5)
- 3. Visit the market, and check off the foods you would eat, fueling your rocket
- 4. Enter the foods into the USDA "Blast Off" game to evaluate the 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



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



. Enter your choices

Print

- 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