



The Chicopee Public Library and ChicopeeFRESH present:
“Fun with Food” Workshop Series!

ChicopeeFRESH, the farm to school program of Chicopee Public Schools, is serving up healthy local food in the cafeteria and leading hands-on lessons in the classroom and school garden. Join us at the library for our FREE workshop series for kids featuring healthy snacks and fun crafts! Check out all the dates below, and be sure to mark your calendars so you don't miss out!

FALL:

Teen Pumpkin Showdown

Tuesday, October 16th, 3:00 - 4:30 PM

Can you guess how many seeds are in a pumpkin? We're going to open one up and find out! The teen with the closest guess will win a prize. You'll also have the chance to carve your own spooky or silly pumpkin. This event is capped at 10 participants. Please see Brent to register.

Eat Your Greens

Monday, November 26th, 3:30 - 4:30 PM

Do you eat your greens? We hope the answer is “kale yeah!” We'll be focusing on the health benefits of leafy greens and making some delicious and nutritious kale smoothies.

Root Exploration

Monday, December 17th, 3:30 - 4:30 PM

Ever wonder what a carrot looks like as it's growing? We're going to be building our very own root view planters so that you can get a sneak peek under the soil and watch your carrots grow. We'll also be enjoying a root vegetable snack and story.

WINTER:

Veggie Engineering

Monday, January 28th, 3:30 - 4:30 PM

Put your engineering skills to the test as we see who can build the tallest tower using fruits, veggies, and household items such as toothpicks, straws, paperclips, and rubber bands.



Valentine's Celebration

Monday, February 11th, 3:30 - 4:30 PM

We're celebrating Valentine's Day the ChicopeeFRESH way! Join us to make healthy heart-shaped granola bars and handmade cards using potato stamps and beet paint--gifts that are sure to delight your loved ones! This event is located downstairs in the community room.

Bread & Butter

Tuesday, March 19th, 3:30 - 4:30 PM

"Shake it, shake it, shake it!" That's what you'll be singing as we pass around a jar to make fresh, homemade butter! Then we'll taste test different types of bread and vote for our favorites.

SPRING:

Mr. Potato Head

Monday, April 29th, 3:30 - 4:30 PM

In this fun hands-on workshop you'll build your very own Mr. or Mrs. Potato Head with real potatoes, using a variety of fruits and vegetables to decorate your masterpiece.

Seed Extravaganza

Monday, May 20th, 3:30 - 4:30 PM

We'll be joined by our friends from 88 Acres--a local company creating healthy seed-based snacks--for a special seed-themed event featuring craft seed butters and bars.

Veggie Fear Factor

Monday, June 10th, 3:30 - 4:30 PM

Show us how fearless you are to try new things in this fun challenge-style event. Two teams will go head-to-head to find out who can identify the most mystery vegetables while blindfolded.

****These events are recommended for children ages 5-12. All events will take place in the children's room unless otherwise noted. For questions, contact us at chicopeefresh@gmail.com.***