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Where fresh meets family

Our farmers' market tag line is "where fresh meets family" and this year is no different as we have all sorts of fun activities at the market for adults and kids alike. At opening day last week we had over 90 kids check in with us and many were busy planting seeds for their garden. This activity was part of our Sprouts Kids Club, which runs every week until the market closes October 8. For those of you who did plant, you might already be seeing it germinate –if not it should within the week.

This green initiative is intended to encourage children through an emphasis on sustainability and environmental education. Each week any child who comes to the market will have an opportunity to learn about their natural environment and healthy lifestyle choices through fun activities like planting seeds, making healthy recipes and learning about bees.

Each week at the market, a volunteer group will be present to

offer this activity to the "Little Sprouts" to keep them learning and having fun. Some of the helpers you will see with the little sprouts along with Downtown Acton's BIA are:

- Acton Community garden: Located in Prospect Park, The Acton Community Garden is an accessible, co-operative garden that inspires broad community participation in growing food.
- Acton YMCA: Community-focused non-profit with recreational, after school programs for kids at three locations in Acton
- Food for Life: Every Thursday at 11:30 a.m. individuals and families requiring food assistance are invited to St Albans church to receive free groceries.
- Community Kitchen: St Albans church has a Commercial Kitchen you can use. They are looking for Community Part-

ners to help provide programs to the marginalized and people and families with special needs. Activities may include cooking classes, healthy nutrition workshops, social events and supporting local entrepreneurs.

Another fun activity geared for kids at the market is the sprouts coins initiative. Here's how it works:

- Attend the Acton Farmers Market anytime Thursdays between 3 and 7 p.m.
- Check in at the BIA booth to collect your coins
- Spend your coins at participating vendor booths (look for the sprouts logo in front of the booth).
- You may save your coins or spend all at once
- Try and go to as many different vendors as possible
- Have fun

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 Ecclesiastes 1:1 - 11
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