Talk, Listen, Connect (TLC) Session Guide
Making Summer Memories at the Farmers Market

Supplies Needed: Coloring sheets, crayons, TLC kit – Fabric Textures bag (or create your own).

Take-Home Nutrition Materials: Fruit and vegetables children’s books

Optional Take Home Materials (while supplies last): Fruit and Veggie Game Cards, game instructions

Getting Started: Use this TLC Session guide to explore what parents value about their family eating fruits and vegetables. If possible, set your area up so participants have room to sit and there’s a space for children to color.

Kids Activity: Give each child a fruit & vegetable coloring sheet (included with this session guide) and crayons. Children can color while adults participate in the TLC session.

Key Messages:
- Going to the Farmers Market is fun for the whole family.
- Kids learn about eating fruits and vegetables from their family.

Open:
When you eat fruits and veggies and your kids will too. They learn from watching you. We can help create a love of fresh fruits and vegetables that our children will benefit from for life. For many of us this started with our own families and we have memories of enjoying summer produce, from crisp salads to juicy watermelon slices on a hot day.
- What’s your favorite summer memory of a fruit or vegetable?
- What memories do you hope to create for your family?

Share and Connect:
In Washington we’re so lucky to have a really great variety of local fruits and vegetables. Everything tastes better when it’s fresh and ripe. We all wait for cherries to be in season, they’re even better because we only get them for a short time each year, just like Farmers Market season, it is finally here! At the market you can see what’s in season and ask questions about new produce you’d like to try. Farmer’s love to talk about what they’re growing, and they want you to love it too. Often, at the Farmer’s Market you can try samples of fresh fruits and vegetables. Kids have lots of fun with samples too. Part of the fun of being at the market is trying something new, hearing how to prepare it, and having your children help you select things they’d like to try.
We’re coming into the summer months, and in Washington that brings us peaches, apples, cherries, corn, summer squash, tomatoes, onions and more. I have an activity to help us share together about choosing more fruits and vegetables for our families. In this bag I have fabrics with different textures. I’m going to pass it around. When it gets to you, reach in and feel the different textures. As we all think about this variety of fresh produce, reach in and find a texture that describes how you’ll feel about offering fresh fruits and veggies to your family.

Tell me about why you chose that fabric.

- What are you most looking forward to about visiting a Farmer’s Market?
- When it comes to offering fresh fruits and vegetables, what’s easy and what’s challenging?

Some potential prompts related to challenges:
- That’s a common feeling on this. If you could change one thing in order to change that feeling, what would it be?
- What ideas do others have for overcoming that obstacle?

- What do you think you’ll do this week to help your family create special memories around fruits and veggies?

Summarize and Act:

We’ve shared a lot of great ideas today about how your families will create summer fun with fruit and vegetables. What ideas have you heard that you’ll take home and try with your family? (hear from group)

Thank you all for sharing. As a thank you for joining our group today, we have a take home for you – it’s a fruit or vegetable matching game and a book. I have instructions for playing the game. We’ve heard kids really enjoy coloring the cards and matching the pairs. And it’s a great way for them to learn more about fruits and vegetables and for you to share an activity together. The colorful book you’re taking today has images of fruits or vegetables and when you read the pages out loud to your child, they have a rhythmic sequence: Huckleberry-strawberry-watermelon-plum! We hope you create many summer memories together and have lots of summer YUM!

Thank you for participating today.

This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn’t discriminate.
Yum!
I can help find these veggies and fruits at the Farmers Market!