

TOP Eating Games Activity Guide

Stamps/Code Words will be given out to participants who complete any TOP Eating Games activity happening in each month:

APRIL	MAY	JUNE
<ul style="list-style-type: none">• Pick up your passport (available at Town Hall and Special Events)• Family Recipe Contest	<ul style="list-style-type: none">• Kids Can Grow (May 25 at Market)• Family Recipe Contest• Visit the Farmers' Market (May 4-Oct 5)	<ul style="list-style-type: none">• Visit the Booth at Supper Market• Family Recipe Contest• Visit the Farmers' Market
JULY	AUGUST	SEPTEMBER
<ul style="list-style-type: none">• Visit the Veggie Booth at Canada Day, Summerfest, and/or Farmers' Market• Bike Blender at the Supper Market• Recipe Contest / TOP Chef Camp	<ul style="list-style-type: none">• Chef Demo by Smokin' Buddha at the Farmers' Market (Aug 17)• Family Recipe Contest• Visit Farmers' Market	<ul style="list-style-type: none">• Packing Healthy Lunches Contest• Family Recipe Contest• Visit Farmers' Market
OCTOBER	NOVEMBER	DECEMBER
<ul style="list-style-type: none">• Participate in The Great, Big Crunch• Pick up a Family Recipe Booklet• End of Season Celebration at Farmers Market (Oct 5)	<ul style="list-style-type: none">• Attend the Pumpkin Parade (Nov 1)• Participate in Squash Month activities (TBD)	<ul style="list-style-type: none">• Visit the Christmas Market Veggie Booth (Dec 1)• Submit your passport by Dec 15

Submit a COMPLETED Passport to win a grand prize worth \$150.00! For full details visit us online at

www.pelham.ca/healthy-kids or call 905-892-2607 ext. 329

#TOPEatingGames

