



# SUNFLOWER SPOTLIGHT

## USD 435 Abilene

USD 435 Abilene has collaborated with Dickinson County Extension for the last three summers to incorporate nutrition education through a variety of activities during the summer food service program. Activities include fruit/veggie taste-testings, cooking demonstrations with food provided from the community garden in Abilene, *MyPlate* activities and a *Re-Think Your Drink* display on how much sugar is in favorite beverages. Children also planted bean seeds for to grow and take care of during the summer food service program. KSDE encourages Sponsors to consider partnering with their county extension office to make plans for Summer 2016 to incorporate fun nutrition education activities into the Summer Food Service Program.