

JUNE CALENDAR OF EVENTS-CRESTON FARMERS' MARKET

Monday, June 5th

- Kids' Activity
 - **Vegetable Stamping**-Creston Arts
Fruits and vegetables are transformed into stamps by cutting cool designs into them. They can then be dredged in paint to create stamp art!
- Demonstration
 - **Free Blood Pressure Screening**-Greater Regional Medical Center Outreach Public Health


Monday, June 12th

- Kids' Activity
 - **Origami by CC**
CC will teach kids how to make *Origami*, the Japanese art of paper folding.
- Demonstration
 - **Nutrition Tips**-Ginny Lents GRMC Director of Nutritional Services will be handing out *Dish Up a Healthy Meal* placemats & *Smart Snacking* brochures.

Monday, June 19th

- Kids' Activity
 - **Frisbee Spin Art**-Community Partnerships for Protecting Children
Make cool spin art on a frisbee using a spin art machine. Frisbees will be provided.
- Demonstration
 - **Let Your Pet Create Art!**- Creston Animal Rescue Effort Fundraiser
Bring your pooch to the park to create a "pet painting." Use your pet's paws or tail to create works of art for \$10. Homemade cat and dog treats and C.A.R.E. t-shirts will also be available for purchase. All proceeds go to C.A.R.E.

Monday, June 26th

- Kids' Activities
 - **Decorate a Pot and Plant Vegetables**-Parents as Teachers
Kids will decorate a little clay pot and will take home a packet of vegetable of their choice and a small bag of dirt.
 - **ISSBEE**-Iowa State Savings Bank
 The Bee from ISSB will be greeting kids and giving out high fives!
- Demonstration
 - **Low -Impact Exercise Demonstrations**-Crossfit instructor Christopher Doster

For more information contact:

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Follow **Southern Iowa Local Foods Initiative** and **Creston Farmers' Market** on Facebook!