



# MINNESOTA

## Farm to Early Care

### Kids in the Kitchen

Getting young kids in the kitchen can be overwhelming, but can also be fun! Here are some ideas for ways to get kids involved!

- Wipe down tables
- Rinse fruits and vegetables
- Add chopped vegetables to a bowl
- Tear lettuce or other greens
- Remove herbs from stems
- Shuck corn
- Set the table
- Stir ingredients together
- Mash potatoes
- Squeeze citrus
- Use a butter knife to spread
- Measure dry ingredients
- Use a plastic knife to cut produce
- Peel vegetables
- Crack eggs
- Pour ingredients
- And so much more!



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