



SHelf-LiFe Gardens

Hiding inside our favorite box of cheerios or carton of ice cream are many fruits & vegetables. Plants play an important role in our everyday eating, from devouring fresh carrot sticks, to slurping minestrone soup. While fresh fruits and vegetables are the healthiest to eat, many packaged foods contain processed fruits & vegetables that can be good for you.

What is iNSide My Mac and Cheese?

All ingredients that make up packaged food must be listed and it gives you an opportunity to find out what is really inside. Ingredients are listed in order by the amount of ingredient present. For example on a can of tomato soup, you will likely find tomatoes as the first ingredient, followed by water and herb seasonings.

What plant ingredients can you find? What are some of the strange ingredients?

Create a Garbanzo Bean Garden

Save a box or can or package of one of your favorite foods. Look at the label and write down all the plant-based ingredients. Pick one of the ingredients and grow it in the package. Be creative and search through your kitchen cupboards to find as many different plant ingredients that you can. How are you going to grow your plants? How will you adapt the packaging to hold your plants? What is the nutritional value of your favorite food?

Calories, Dietary Fiber, Iron, Oh My!

What other information is on your food label? Healthy foods tend to have high amounts of nutrients like vitamin A, vitamin, C, iron, calcium and lower amounts of calories and fat. How does your favorite dessert compare to your favorite soup?



By Liz Driscoll