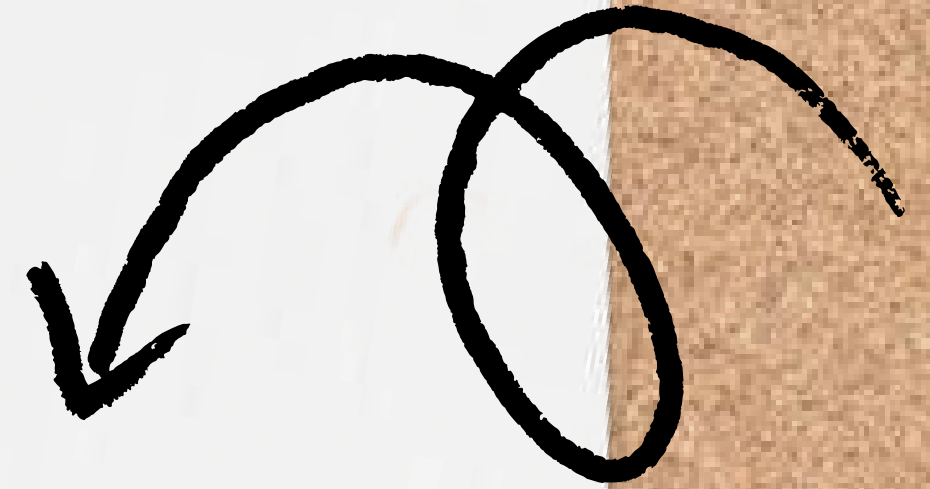


Week 1

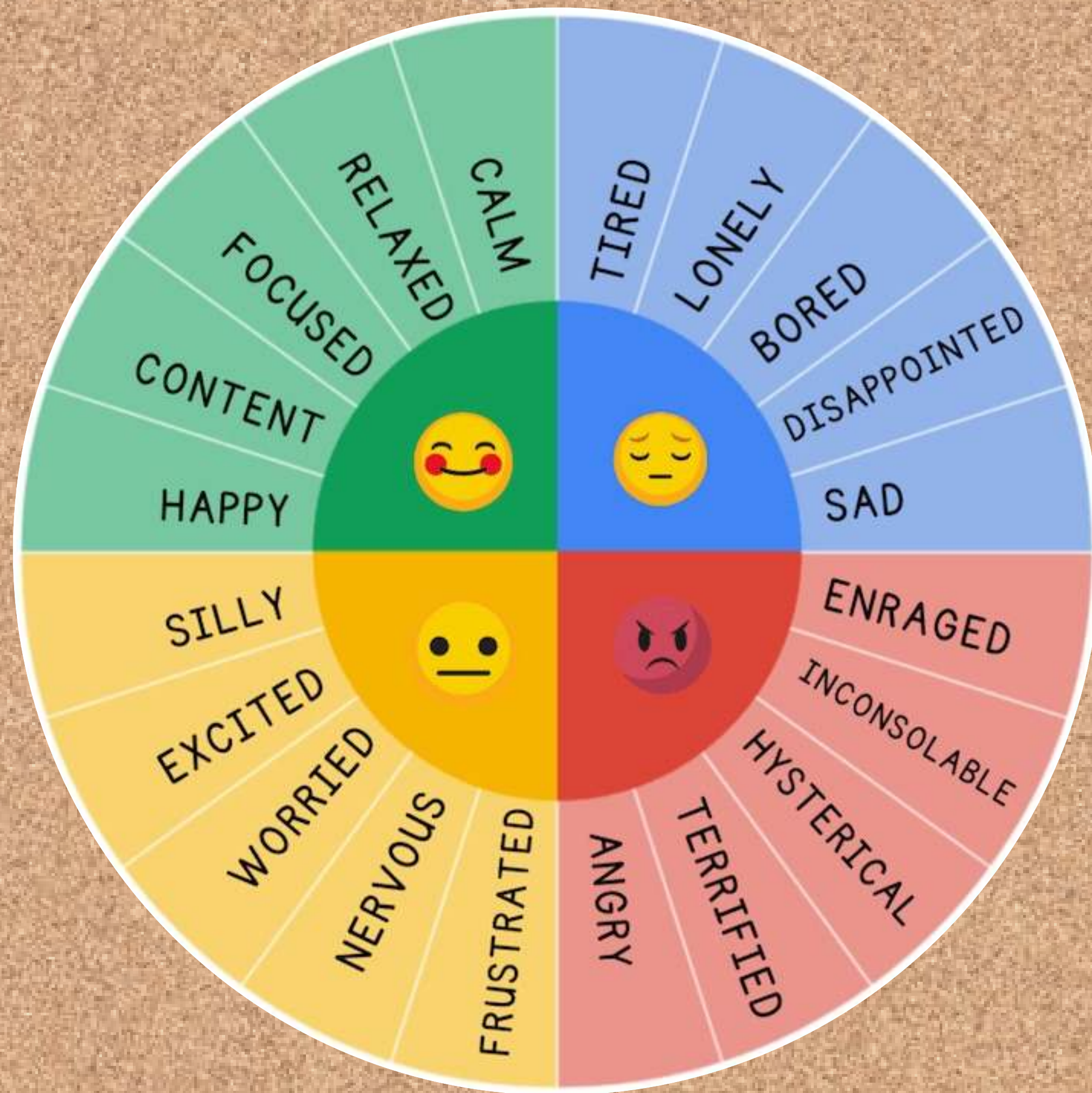


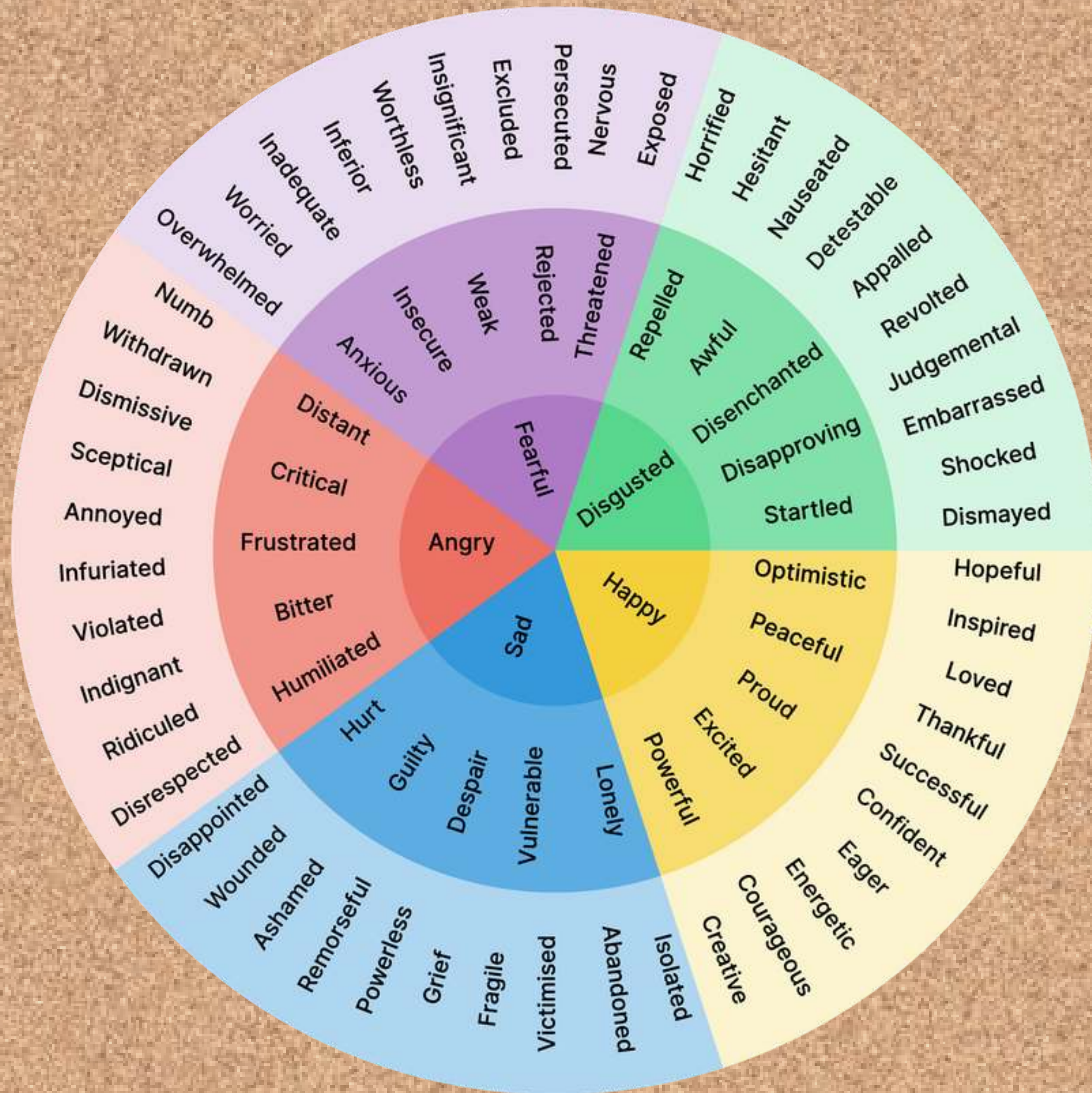
IT ALL STARTS WITH SEED!



Boston Youth
Farm Project



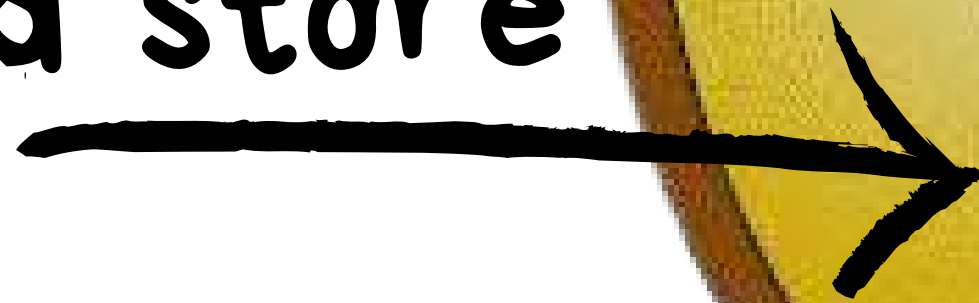




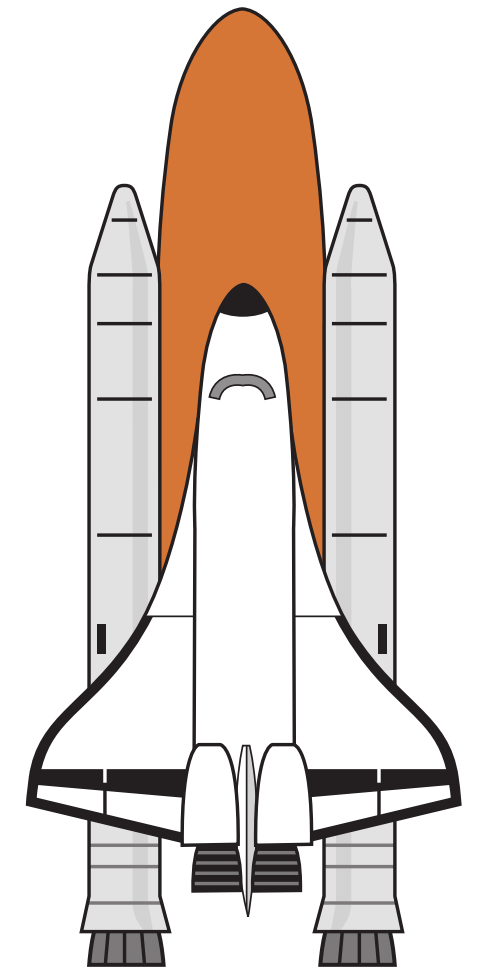
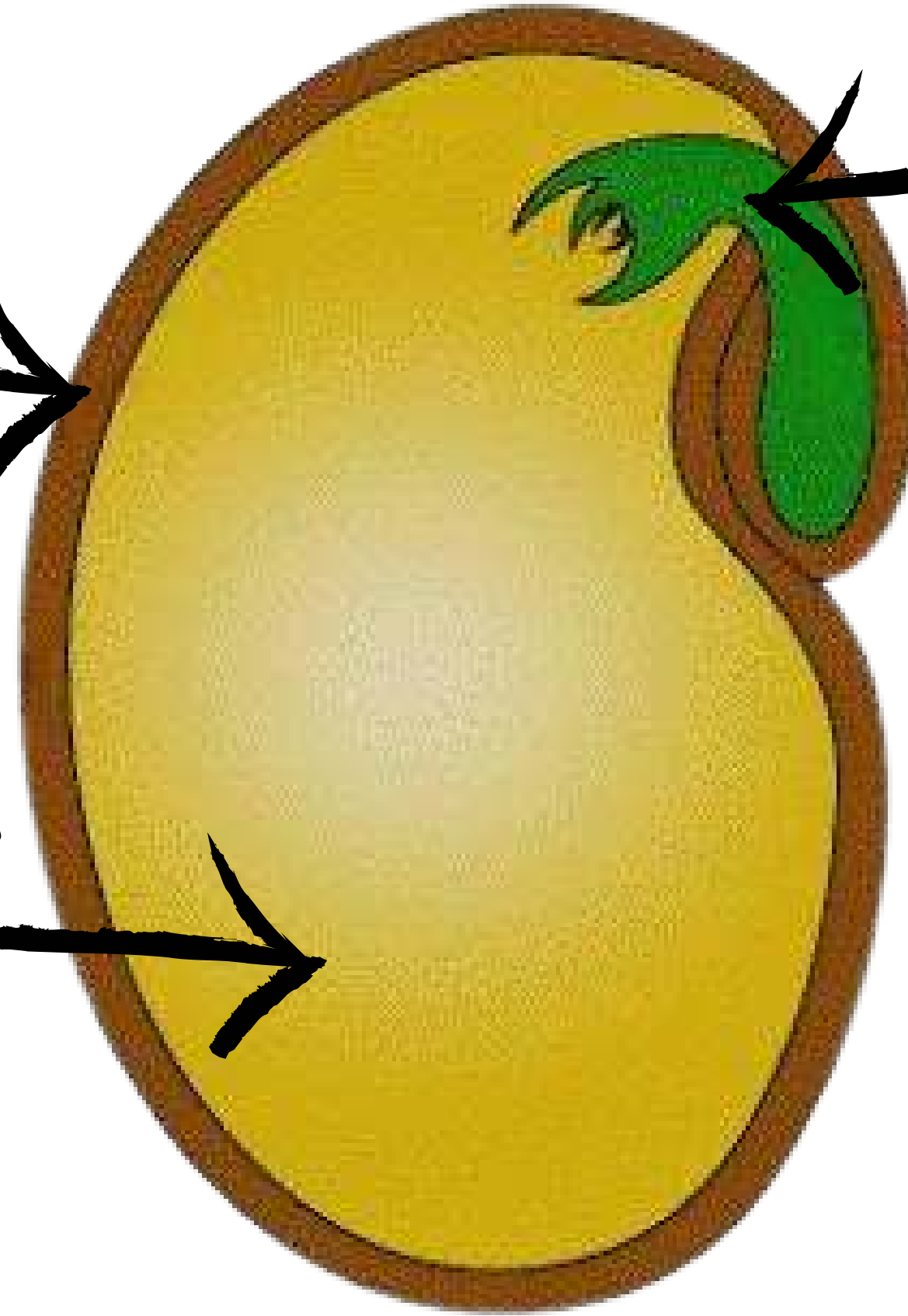
Seed coat



Food store



Embryo and
first leaf

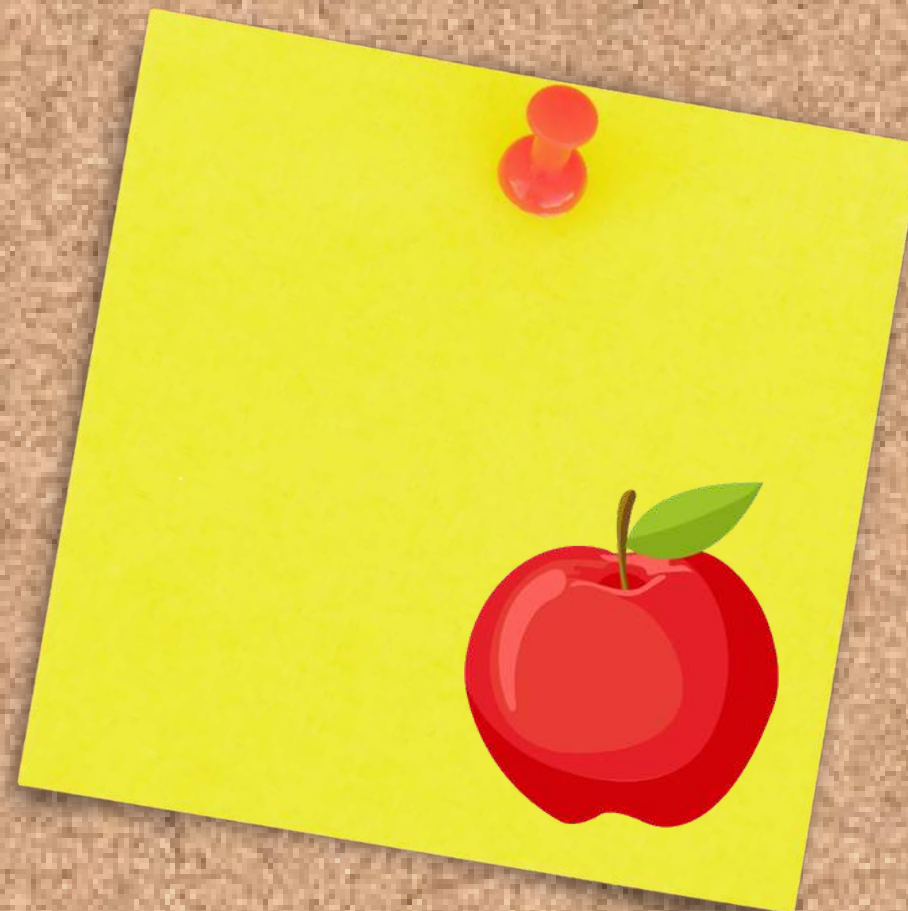


PLANTS



PEOPLE









[https://www.youtube.com/
watch?v=c7Ya5xoy2nw](https://www.youtube.com/watch?v=c7Ya5xoy2nw)



[https://www.youtube.com/
watch?v=w77zPAtVTuI](https://www.youtube.com/watch?v=w77zPAtVTuI)



Week 2



FOOD IS FUEL



Boston Youth
Farm Project



WHOLE FOODS



KITCHEN HELPERS



A FEW THINGS COMBINED



MADE IN A FACTORY FROM MANY PARTS







RED = HEALTHY HEART

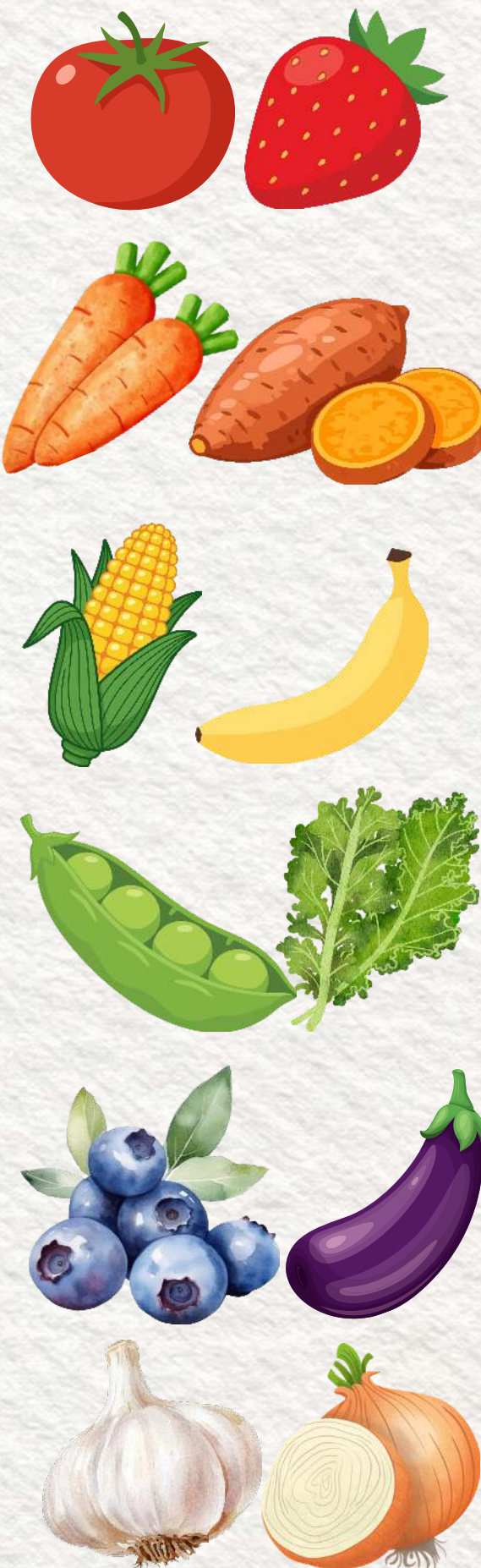
ORANGE = VISION & IMMUNE

YELLOW = ENERGY & DIGESTION

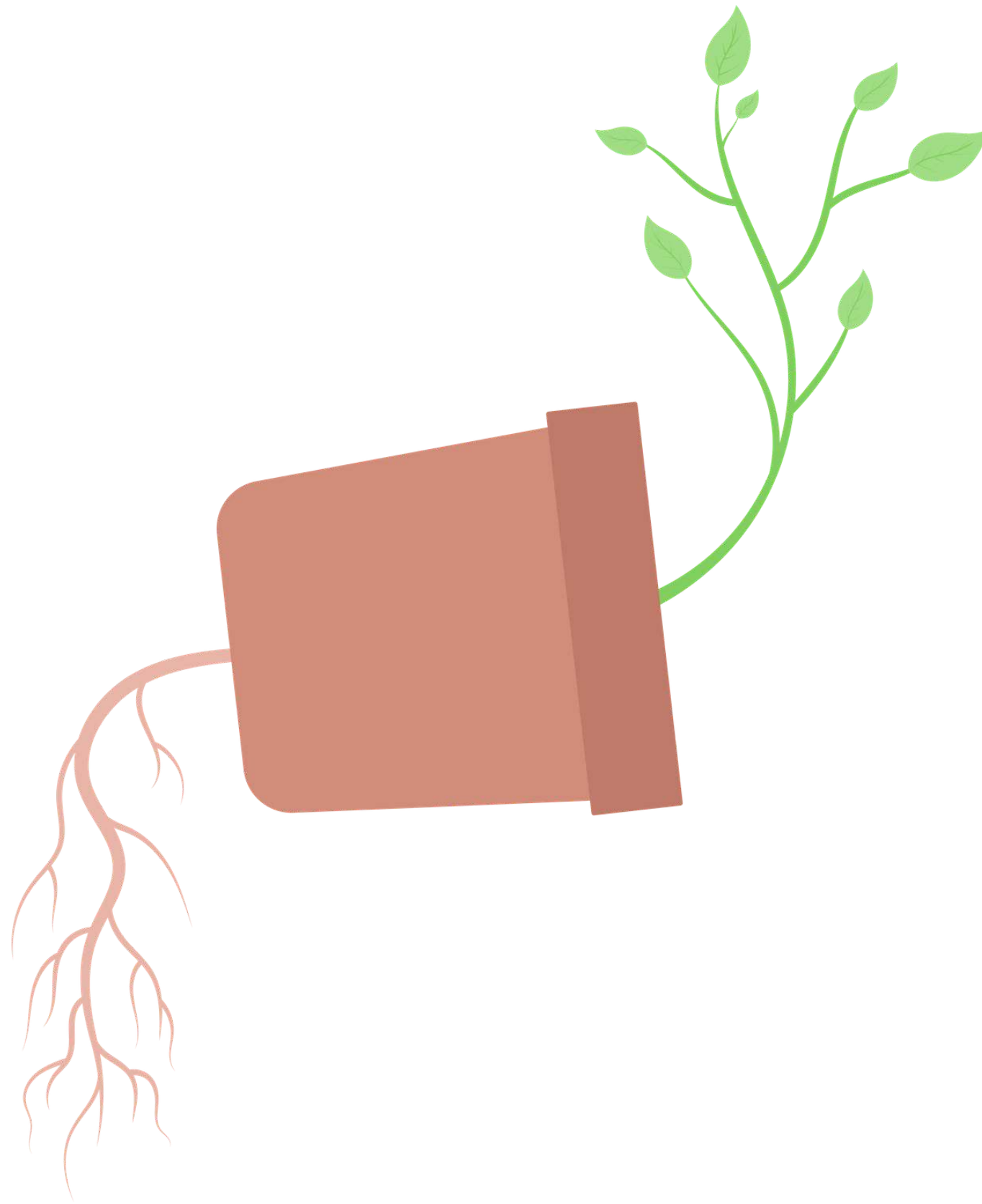
GREEN = BONES & DETOX

BLUE / PURPLE = BRAIN & MEMORY

WHITE / TAN = IMMUNE DEFENSE



GEOTROPISMS



1



2



3



4



5



Week 3

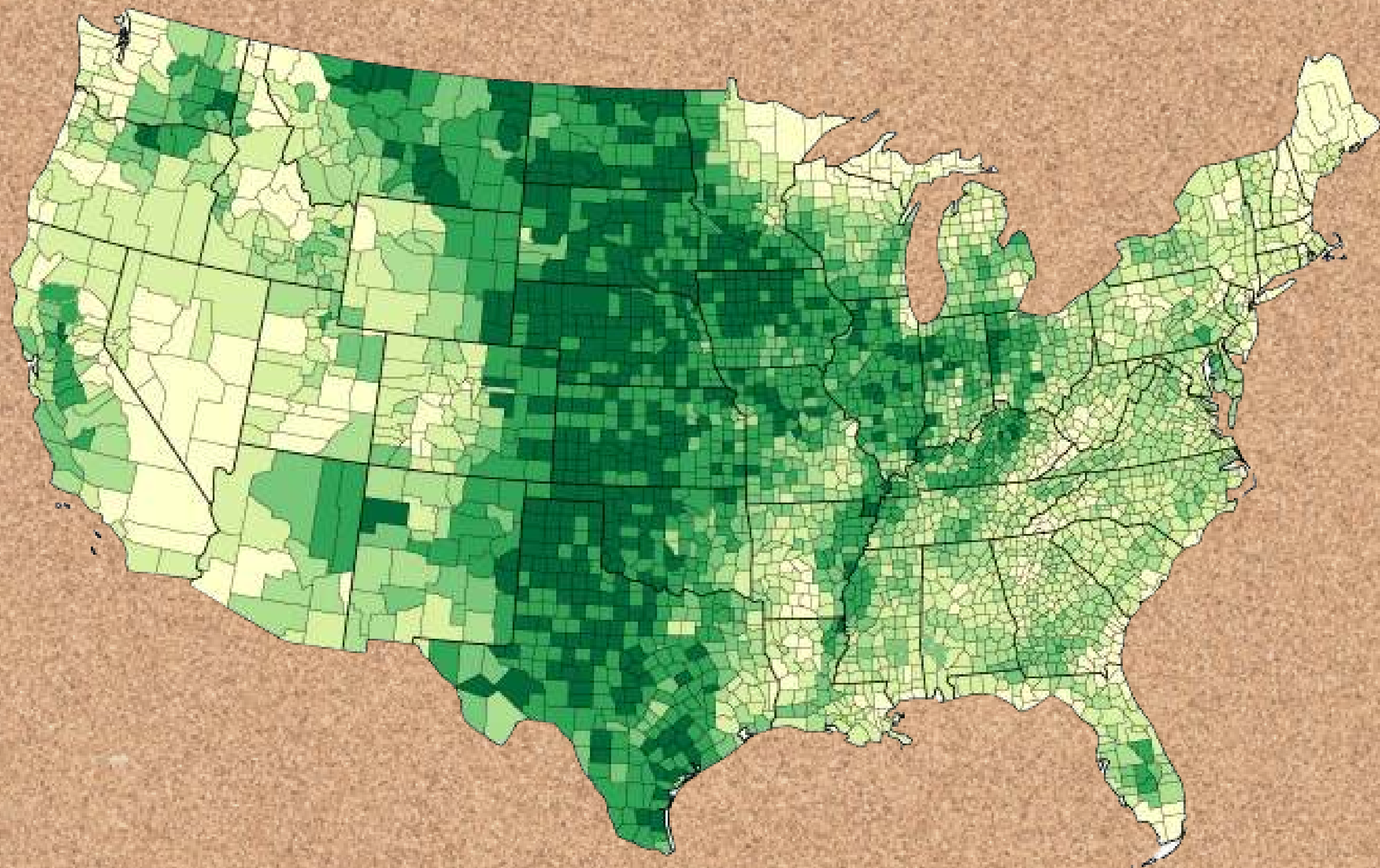


WHERE DOES FOOD COME FROM?



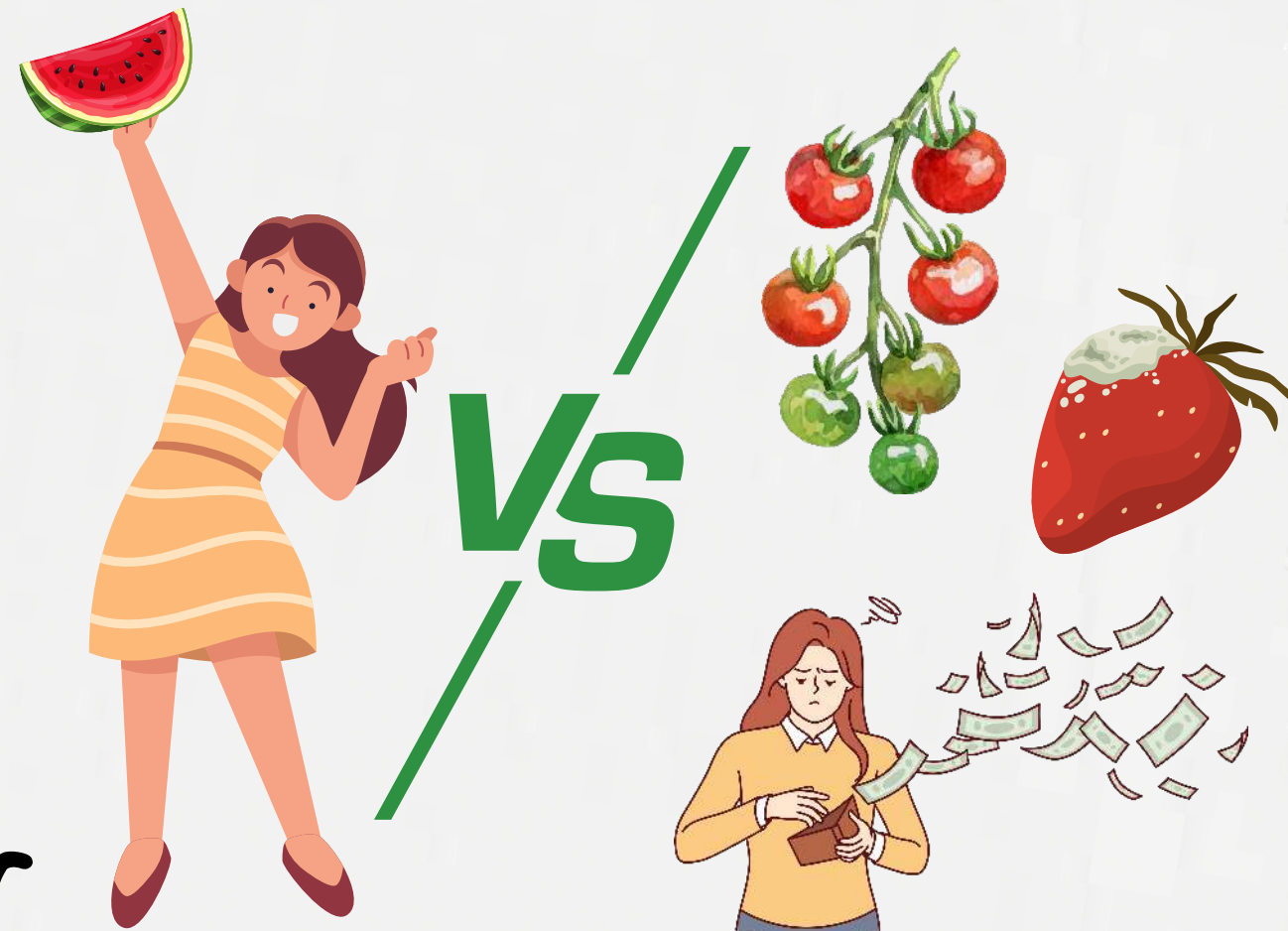
Boston Youth
Farm Project

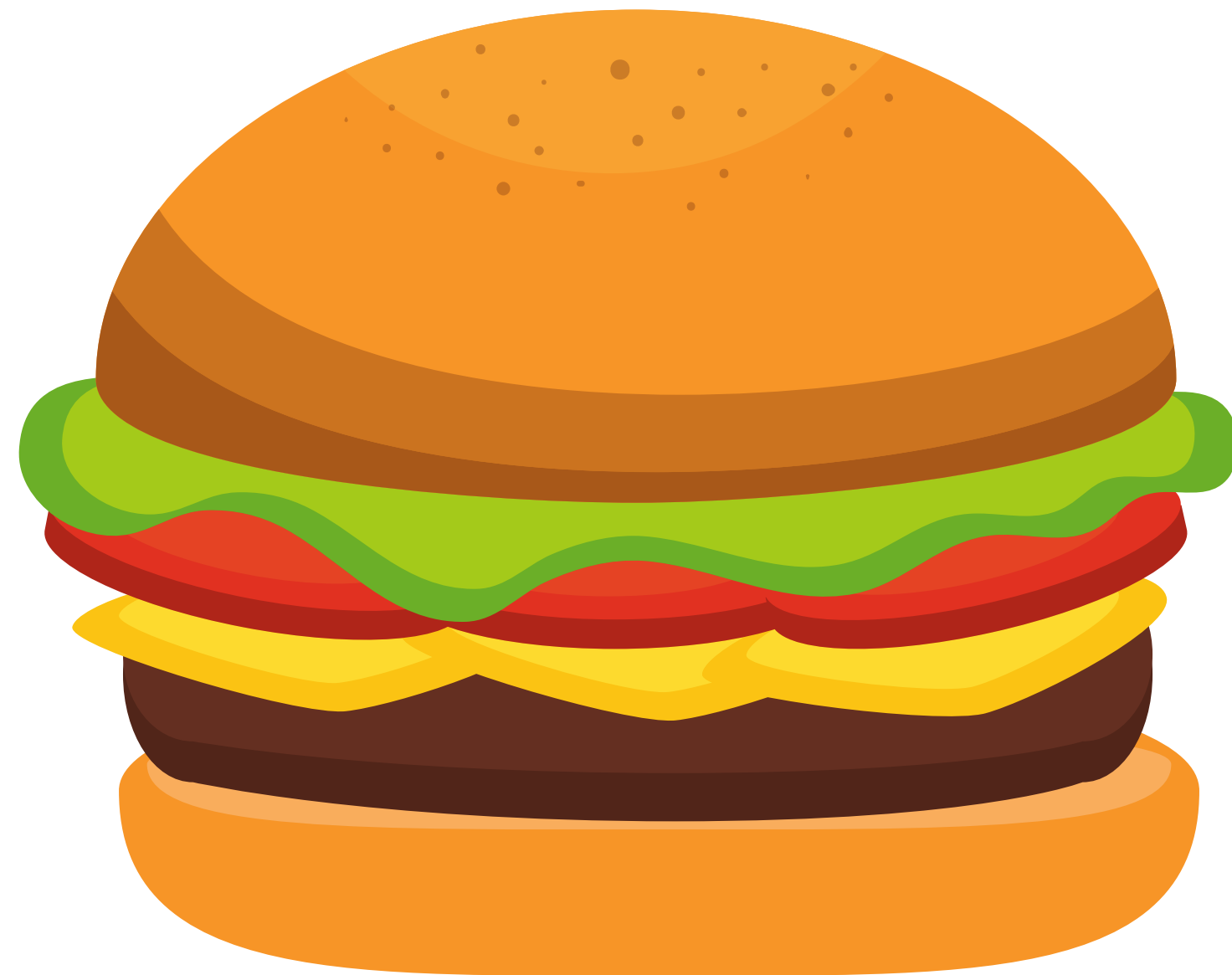


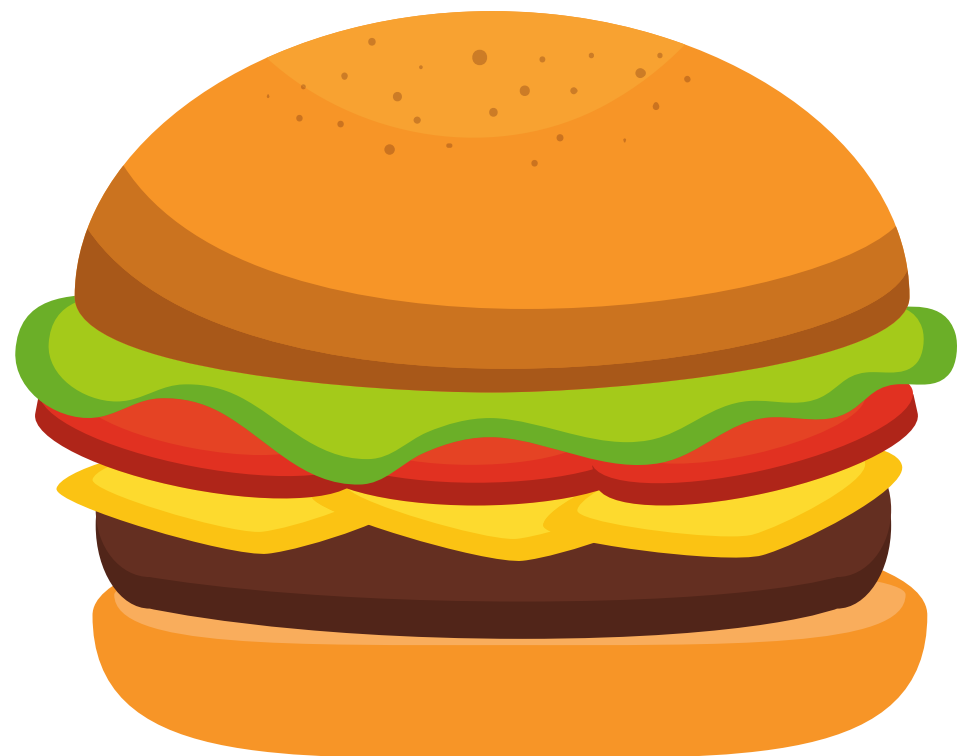


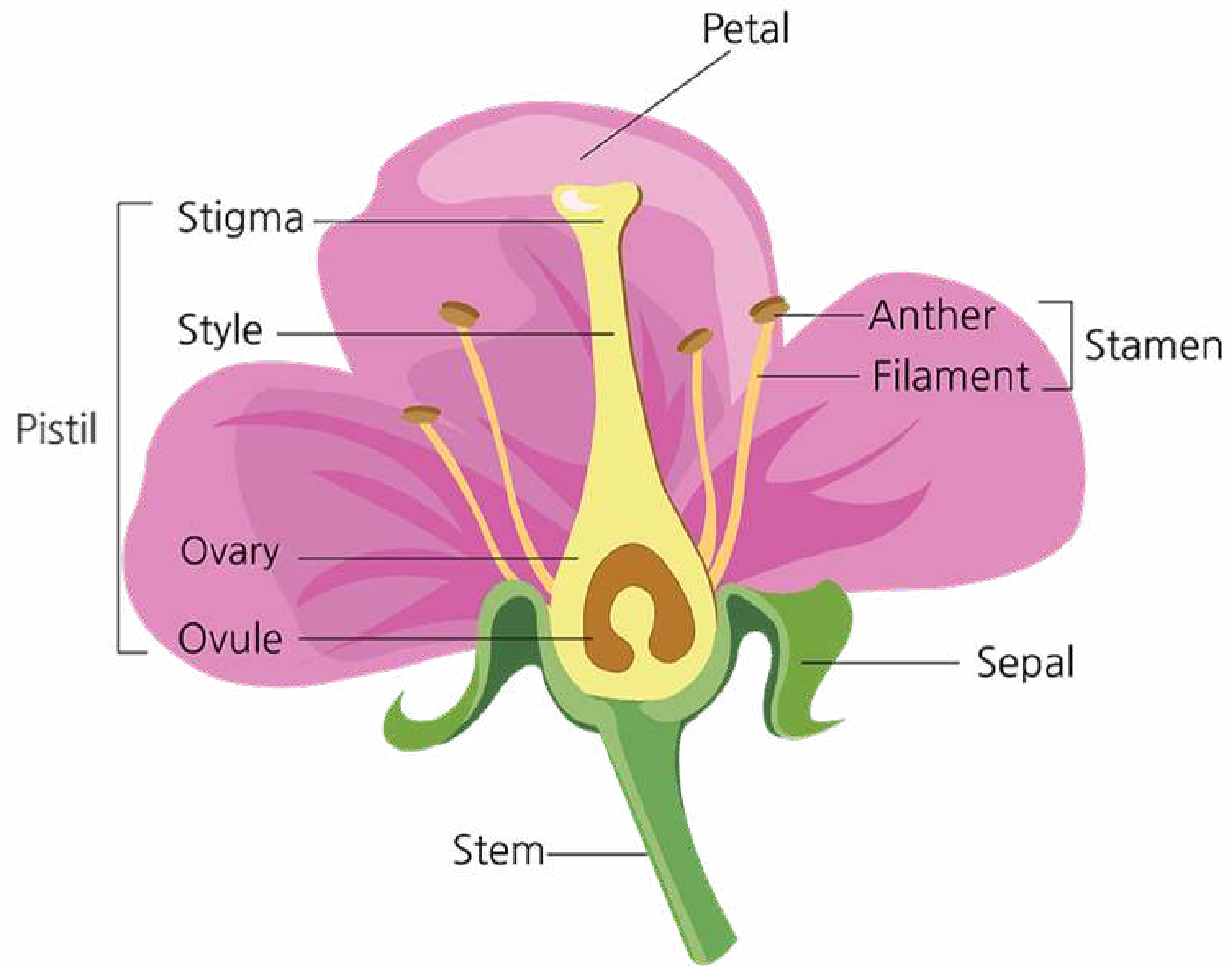
Why local food is often better

- More ripe
- More fresh
- Taste Better
- Healthier
- Often Cheaper

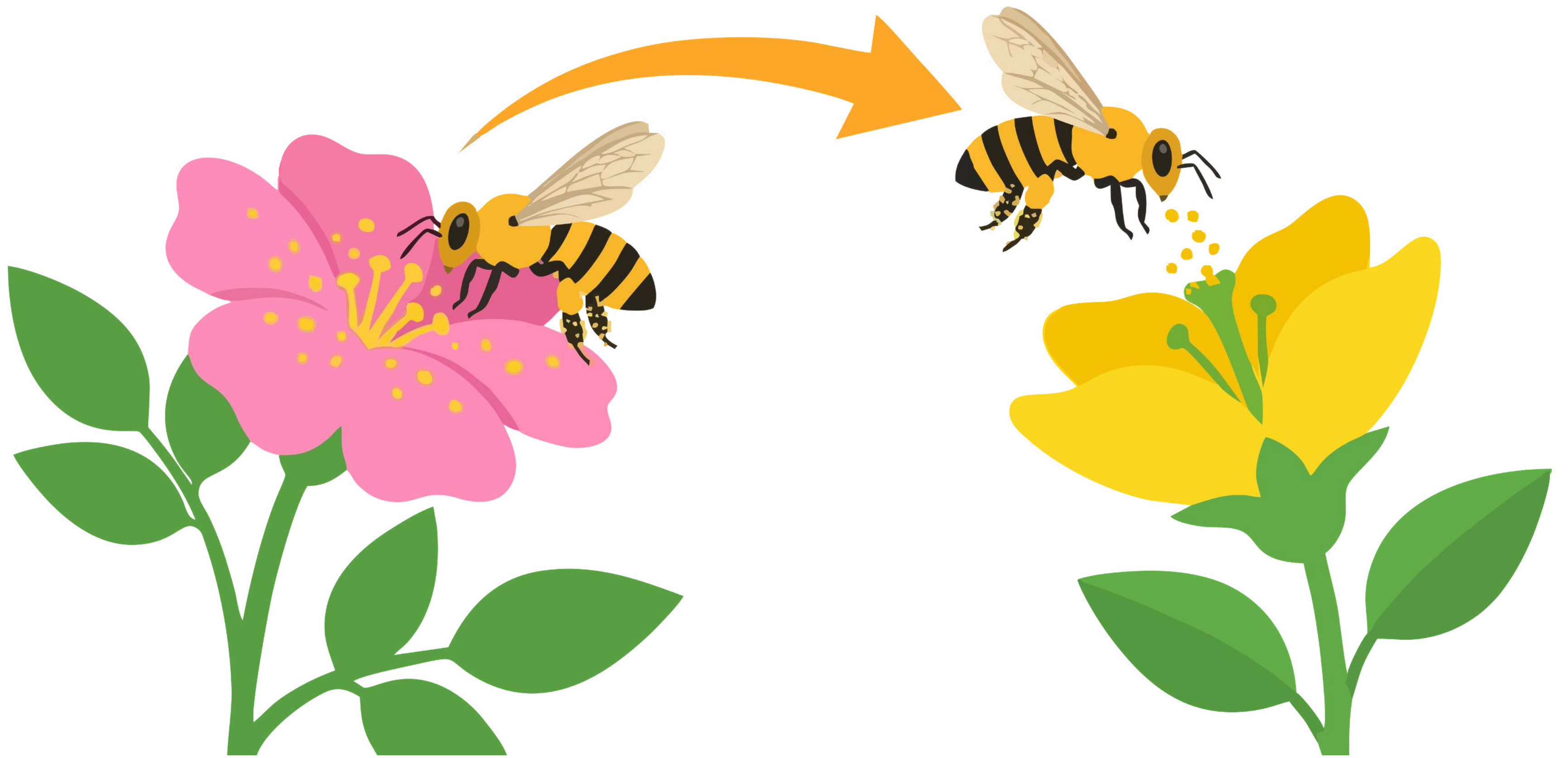














Week 4

HARVEST DAY!



**Boston Youth
Farm Project**

Nutrition Facts

6 servings per container

Serving size **2 Cookies (24g)**

Amount per serving

Calories **110**

% Daily Value *

Total Fat 5g **6%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **4%**

Total Sugars 7g

Includes 5g Added Sugars **10%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 0.6mg **4%**

Potassium 80mg **2%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

- Organic Date Syrup
- Organic Coconut Oil
- Organic Coconut Sugar
- Organic Oats
- Organic Chocolate Chips (Organic Cocoa Liquor, Organic Coconut Sugar, Organic Cocoa Butter)
- Organic Cassava Flour
- Organic Oat Flour
- Organic Vanilla Extract
- Baking Soda
- Pink Himalayan Salt

Contains: Coconut



ALLERGEN INFORMATION:

CONTAINS



WHEAT
BARLEY



EGGS



MILK



SOY

Nutrition Facts

Serving Size **2oz (57g)**

Amount Per Serving

Calories **240**

% Daily Value *

Total Fat 11g **14%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 160mg **7%**

Total Carbohydrate 32g **12%**

Dietary Fiber 1g **4%**

Total Sugars 20g

Includes 13g Added Sugars **26%**

Protein 3g **6%**

Vit. D 0mcg **0%** Calcium 20mg **2%**

Iron 1.6mg **9%** Potas. 35mg **1%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cookie Monster

Flour (Unbleached Hard **Wheat** Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), White Cake Mix ((Sugar, Enriched Flour Bleached (**Wheat** Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm Oil, **Egg** White, **Egg** Yolk with Sodium Silicoaluminate, Nonfat **Milk**, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Modified Tapioca Starch, Salt, Propylene Glycol Mono and Diesters of Fatty Acids, Sorbitan Monostearate, Tetrasodium Pyrophosphate, Xanthan Gum, Sodium Stearoyl Lactylate, Mono and Diglycerides, Polysorbate 60, Calcium Acetate, Guar Gum, Cellulose Gum, Artificial Flavor, **Soy** Flour)), White Sugar, Butter (Pasteurized **Milk**, Natural Flavoring), **Eggs** (Pasteurized Liquid **Eggs**), Semisweet Chocolate Chips (Sugar, Chocolate, Cocoa Butter, **Milk** Fat, **Soy** Lecithin, Vanillin, Artificial Flavor, **Milk**), White Chocolate Chips ((Sugar, Nonfat **Milk**, Hydrogenated Vegetable Oil (Palm Kernel, **Soybean**, and Palm), Cornstarch, Artificial Flavors, Salt, Lecithin **Soy**)), Oreo ((Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Palm and/or Canola Oil, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Leavening (Baking Soda and/or Calcium Phosphate), Salt, **Soy** Lecithin, Chocolate, Artificial Flavor)), Caramel Bits (Sugar, Corn Syrup, Liquid Sugar, Skim **Milk**, Palm Oil, Butter ((Cream, Salt))), Salt, Mono and Diglycerides, **Soy** Lecithin), Shortening (**Soybean** Oil, Fully Hydrogenated Palm Oil, Palm Oil, Mono and Diglycerides, TBHQ and Citric Acid, Marshmallow (Corn Syrup, Sugar, Modified Food Starch, Gelatin, Water, Dextrose, Pure Vanilla Flavor, Tetrasodium Pyrophosphate), Blue Food Coloring (Water, Blue #1, Citric Acid, Sodium Benzoate), Salt (Salt, Yellow Prussiate of Soda), Baking Powder (Baking Soda, Corn Starch, Sodium Aluminum Sulfate, Monocalcium Phosphate), Sodium Bicarbonate

CONTAINS WHEAT, EGGS, MILK, SOY



12655 Danielson Ct Ste 312
Poway, CA 92064

MANUFACTURED IN A FACILITY THAT PROCESSES NUTS

Call 800-571-2571 with any questions or comments or visit www.thecravory.com



INGREDIENTS:

- Organic Date Syrup
- Organic Coconut Oil
- Organic Coconut Sugar
- Organic Oats
- Organic Chocolate Chips (Organic Cocoa Liquor, Organic Coconut Sugar, Organic Cocoa Butter)
- Organic Cassava Flour
- Organic Oat Flour
- Organic Vanilla Extract
- Baking Soda
- Pink Himalayan Salt

Contains: Coconut

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Cookie Monster

Flour (Unbleached Hard Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), White Cake Mix ((Sugar, Enriched Flour Bleached (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm Oil, Egg White, Egg Yolk with Sodium Silicoaluminate, Nonfat Milk, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Modified Tapioca Starch, Salt, Propylene Glycol Mono and Diesters of Fatty Acids, Sorbitan Monostearate, Tetrasodium Pyrophosphate, Xanthan Gum, Sodium Stearoyl Lactylate, Mono and Diglycerides, Polysorbate 60, Calcium Acetate, Guar Gum, Cellulose Gum, Artificial Flavor, Soy Flour)), White Sugar, Butter (Pasteurized Milk, Natural Flavoring), Eggs (Pasteurized Liquid Eggs), Semisweet Chocolate Chips (Sugar, Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Vanillin, Artificial Flavor, Milk), White Chocolate Chips ((Sugar, Nonfat Milk, Hydrogenated Vegetable Oil (Palm Kernel, Soybean, and Palm), Cornstarch, Artificial Flavors, Salt, Lecithin Soy)), Oreo ((Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Palm and/or Canola Oil, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin, Chocolate, Artificial Flavor)), Caramel Bits (Sugar, Corn Syrup, Liquid Sugar, Skim Milk, Palm Oil, Butter ((Cream, Salt))), Salt, Mono and Diglycerides, Soy Lecithin), Shortening (Soybean Oil, Fully Hydrogenated Palm Oil, Palm Oil, Mono and Diglycerides, TBHQ and Citric Acid, Marshmallow (Corn Syrup, Sugar, Modified Food Starch, Gelatin, Water, Dextrose, Pure Vanilla Flavor, Tetrasodium Pyrophosphate), Blue Food Coloring (Water, Blue #1, Citric Acid, Sodium Benzoate), Salt (Salt, Yellow Prussiate of Soda), Baking Powder (Baking Soda, Corn Starch, Sodium Aluminium Sulfate, Monocalcium Phosphate), Sodium Bicarbonate

CONTAINS WHEAT, EGGS, MILK, SOY

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