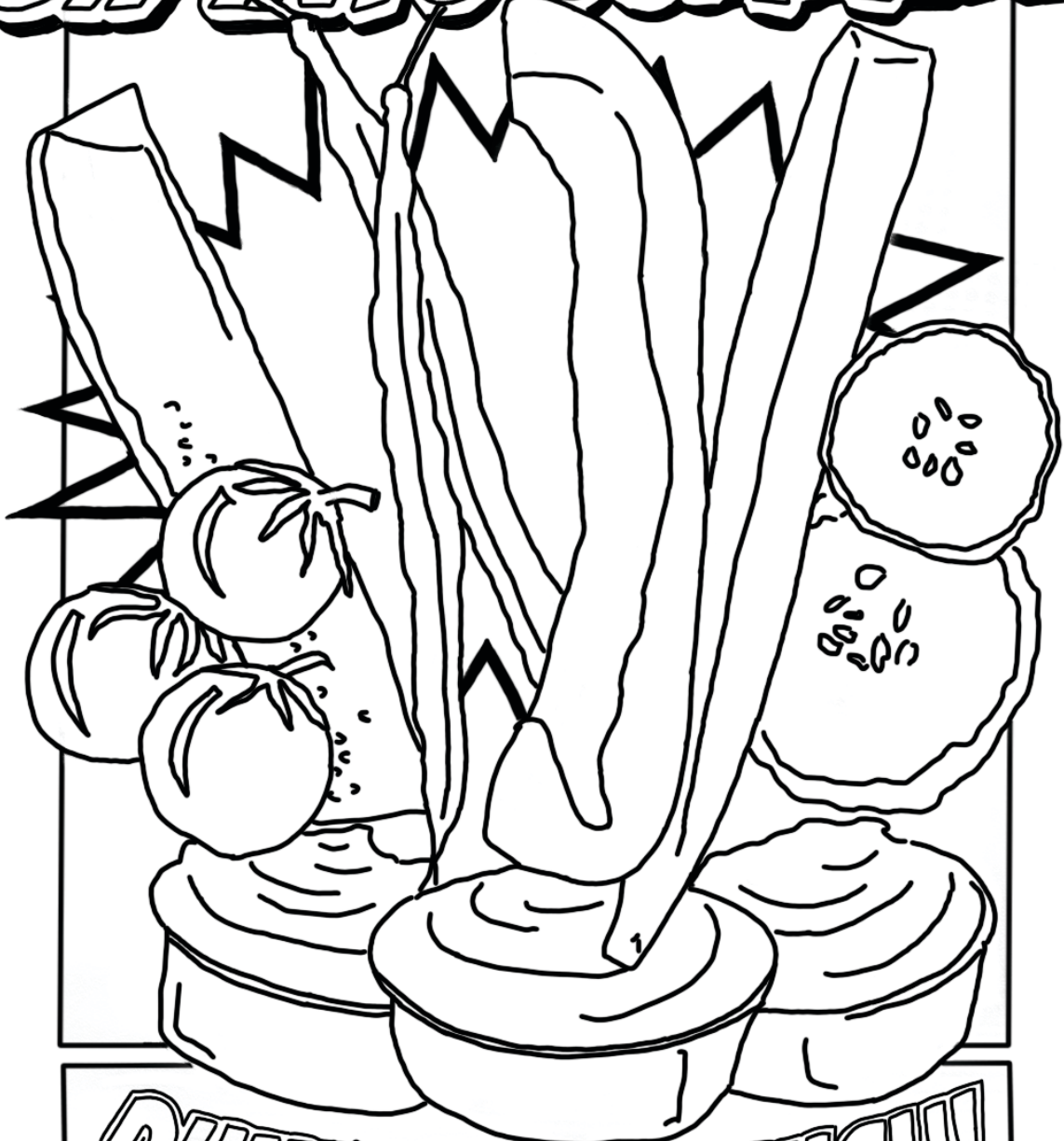


# DIP INTO SUMMER!



# DUNK AND CRUNCH!



HEY EVERYONE! WHAT'S YOUR FAVORITE VEGGIE AND DIP?

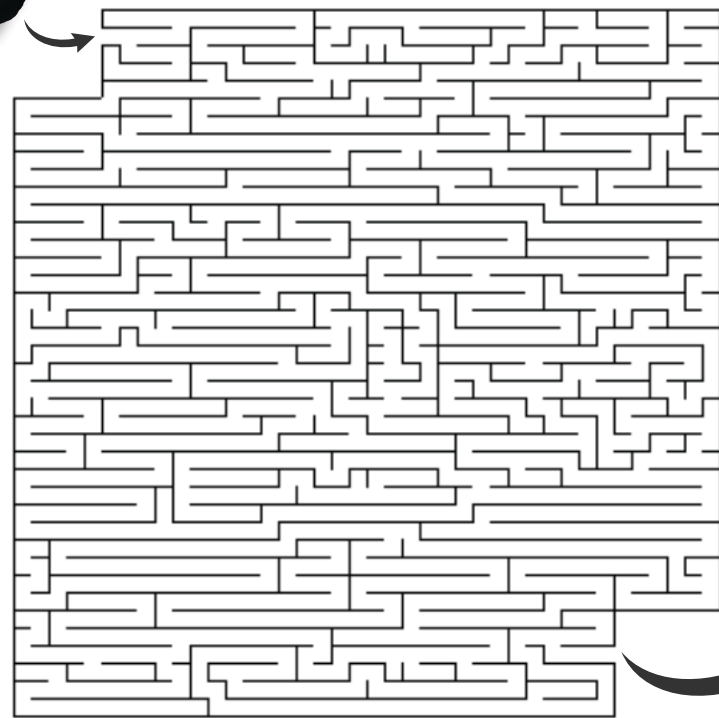
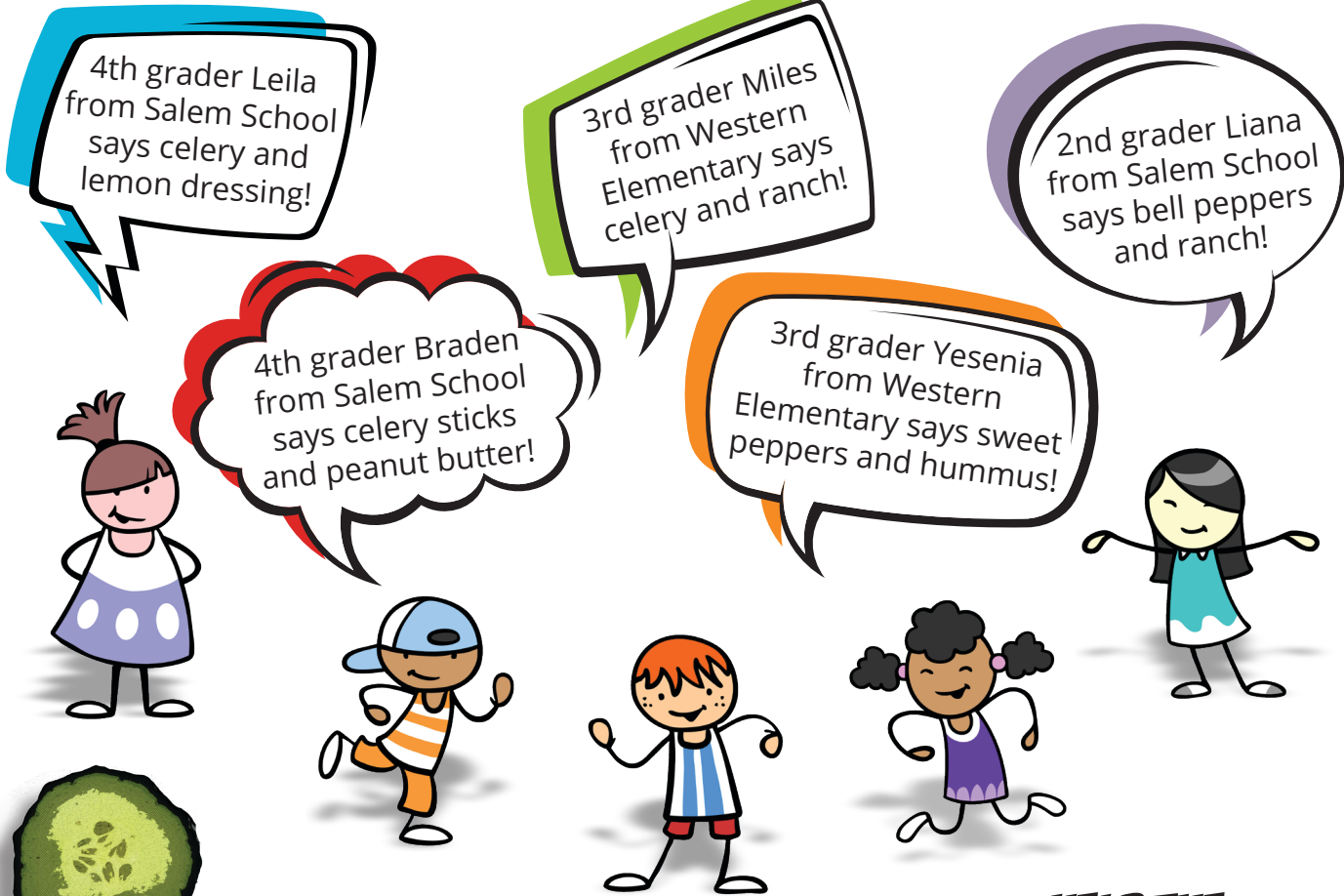
4th grader Leila from Salem School says celery and lemon dressing!

3rd grader Miles from Western Elementary says celery and ranch!

2nd grader Liana from Salem School says bell peppers and ranch!

4th grader Braden from Salem School says celery sticks and peanut butter!

3rd grader Yesenia from Western Elementary says sweet peppers and hummus!



HELP THE  
CUCUMBER  
GET TO THE  
GUACAMOLE!



DIP INTO SUMMER!

R N S V M L S T H F Z J T Q  
P E J W E V A U L Q Y T O O  
W V U G O N M C M X X H M H  
G Y P J H M R C O X S A A O  
E I H C U E E X Q L B U T I  
D K N S Y T B Z X H O N O P  
P U U Y D K M H A F L P D K  
R X E M Y O U T O R R A C N  
Y H J U S Z C V D Y T H U U  
C G G Q Q T U Q F W F Y I D  
E Z U M I M C O W M E H O B  
A P T K J F N J Z I S N S X  
V M P S J L S U M M E R Q H  
U V K E R X S K X X Q Z K B  
Z A O H R W Q C W V Z I I Y

- DIP
- TOMATO
- LOCAL
- CRUNCH
- CUCUMBER
- DUNK
- PEPPER
- HUMMUS
- SUMMER
- CARROT



LOCAL TRAY DAY!

Our school cafeteria is pretty \_\_\_\_\_. It is the best part of day. I've been waiting patiently, passing time by counting \_\_\_\_\_. It's hard to learn while your stomach is \_\_\_\_\_. Today is a \_\_\_\_\_ day in the cafeteria. It is a Local Tray Day! That means there are fruits and vegetables from farms in Connecticut in our lunch! \_\_\_\_\_ & \_\_\_\_\_ local apples are being served! I read about the farms that grew all these vegetables on a \_\_\_\_\_ on the wall. The carrots are the \_\_\_\_\_ carrots I've ever seen. I bite into a cucumber and make a loud \_\_\_\_\_. There were \_\_\_\_\_ tomatoes, zucchini sticks and peppers to \_\_\_\_\_ in all kinds of dips! My favorite dip for vegetables is \_\_\_\_\_! I hope tomorrow's school \_\_\_\_\_ is as delicious as this one was today!



## VEGGIE JOKES TO TELL YOUR FRIENDS!

A: Knock, Knock  
B: Who's there  
A: Lettuce  
B: Lettuce Who?  
A: Lettuce in and you'll find out!...

Q: Why did the people dance to the vegetable band?  
A: Because it had a good beet!

Q: Why are tomatoes so smart?  
A: Because they are so well red!

Q: What kind of vegetable likes to look at animals?  
A: A zoo-chini!

## ARE YOU READY TO "DIP" INTO SUMMER?!

To find recipes, farms and how to share pictures of your favorite dip and veggie combo visit our website!



 SCAN ME



[putlocalonyourtray.uconn.edu](http://putlocalonyourtray.uconn.edu)