

The Food Trust's Online Learning Hub Archive

Healthy Eating

Week 1: [Scrambled Egg and Spinach Recipe](#) ; [Scrambled Egg and Spinach Video](#)

Week 2: [Ginger Almond Asparagus Recipe](#) ; [MyPlate Kitchen: Eagle Pizza Video](#)

Week 3: [Roasted Sugar Snap Peas](#) ; [Food Hero Peanut Butter Apple Sandwich](#)

Week 4: [Strawberry Smoothie](#) ; [MyPlate Tuna Apple Sandwich](#)

Week 5: [Collard Roll Up](#) ; [Stuffed Bell Pepper](#)

Week 6: [Radish and Cucumber Salad](#) ; [Corn and Zucchini Pancake](#)

Physical Activity

Week 1: [15 Minute Beginner Workout](#) ; [Go Noodle Can't Touch This](#)

Week 2: [25 Minute Family Workout](#) ; [Leg Workout with Ms. Jacquie](#)

Week 3: [Go Noodle Can't Touch This](#) ; [Ms Jacquie's Arm Workout](#)

Week 4: [Cosmic Kids Yoga Squish the Fish](#) ; [Laundry Basket Workout](#)

Week 5: [The Body Coach No Equipment Home Workout](#) ; [At-Home Workout with Ms. Jacquie](#)

Week 6: [15 Minute Beginner Workout](#)

Gardening

Week 1: [Sweet Potato Vine](#) ; [Food For Soul Series: Sweet Potato Video](#)

Week 2: [Reducing, Reusing and Recycling in the Garden](#) ; [From the Ground Up: How to Plant Asparagus](#)

Week 3: [Sprouting Celery](#) ; [Seed Bomb Fun with Kids](#)

Week 4: [Seed Catalog Fun](#) ; [Making Dye from Kitchen Scraps](#)

Week 5: [Exploring Herbs](#) ; [Gardening Detective Part 1](#)

Week 6: [Seed Germination Part 1](#) ; [Ravishing Radishes](#)

Seasonal Produce Highlight

Week 1: [Spinach](#)

Week 2: [Asparagus](#)

Week 3: [Peas](#)

Week 4: [Strawberries](#)

Week 5: [Collard Greens](#)

Week 6: [Radishes](#)

Shopping Tip of the Week

Week 1: [Choose MyPlate: Save More at the Grocery Store](#)

Week 2: [Start Simple with MyPlate: Food Planning During the Corona Virus Pandemic](#)

Week 3: [10 Tips: Add More Vegetables into your Day](#)

Week 4: [Focus on Fruits](#)

Week 5: [10 Tips to Improve Your Meals with Vegetables and Fruits](#)

Week 6: [Easy Ways to Save Money on Healthy Food](#)

Pick of the Week

Week 1: [Week of the Young Child: Family Friday](#)

Week 2: [Story Time with Ms. Juliana: Picky Nicky](#)

Week 3: [Victory Garden Reinvented! Webinar Series](#)

Week 4: [Harvest 2020 from PHS](#)

Week 5: [Story Time with Ms. Kamia: Plants Feed Me](#)

Week 6: [Clark Park Farmers Market](#)

Arts and Crafts

Week 6: [Produce Placemats](#)

For more videos from The Food Trust visit our [YouTube Channel!](#)