

# AUTUMN ADVENTURES



TasteWiseKids

The new season brings vibrant colors, tasty treats and fun activities to do. See some of our suggestions below to explore fall adventures with your family or use the blank sheet to make your own to-do list with your personal favorites.

## PLACES TO GO

Visit an orchard  
Go to a pumpkin patch  
Explore a Farmer's Market  
Navigate a corn maze

## FOODS TO TRY

Winter Squash  
Apples  
Sweet Potatoes  
Swiss Chard

## CRAFTS TO MAKE

Carve or Decorate a Pumpkin  
Make Masks for Halloween  
Paint a Scarecrow  
Make an Autumn Wreath

## THINGS TO DO

Bake a Pie  
Watch a Football Game  
Jump in a Pile of Leaves  
Roast Pumpkin Seeds

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Have your own ideas of what you'd like to do this fall? Write them down here so you can keep track of all the adventures you're planning for the season!



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## PLACES TO GO

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