



# FORAGING WITH KIDS

Children should be able to answer **YES** to all the following questions before picking and eating wild foods:

- ☐ I have an adult or mentor with me.
- ☐ I have permission to forage in this area.
- ☐ I looked around to make sure this plant is not growing in a polluted area.
- ☐ I am 100% sure I know what this plant is.
- ☐ I know if this plant is rare or endangered.
- ☐ I know which part of the plant is safe to eat, what season to harvest it in, and how it should be prepared.
- ☐ I only picked the part of the plant that I will use.
- ☐ I only harvested what I needed and left the rest for others.
- ☐ I thanked the plant and surrounding environment for what it provided me.
- ☐ I took notes and observations in my foraging journal.

