



2025 YOUTH EXPERIENCES

Our youth programs, designed for ages 6-12, teach kids about Maine's diverse, healthy foods and how people work together to bring food to our tables. Through interactive games and hands-on activities, we explore the history and stories behind iconic Maine foods—inspiring the next generation of local food shoppers and active food systems participants.

Don't see a Maine food topic you're looking for? Reach out! We cover all Maine industries and can likely create a custom program to meet your educational goals.

Programs can take place at our campus in Wiscasset May-October, and offsite at your location year-round.



AVAILABLE TOPICS

Incredible Edible Insects	45 min	\$8/pp
The Wild World of Maine Blueberries	45 min	\$8/pp
Diving Deep with Maine Seaweed	45 min	\$8/pp
Farm Fresh: Exploring Maine Agriculture	45 min	\$8/pp

POLICIES

SET UP (off-site programs only): Program lengths listed in the second column do not include set-up or clean-up time. Your program presenter will arrive 1 hour in advance of the scheduled start time to set up.

TRAVEL FEE: Offsite programs are available in locations up to 50 miles from Maine Tasting Center. Locations within 20 miles are not subject to travel fee. Locations 21-50 miles from Maine Tasting Center subject to a \$30 flat travel fee.

GROUP SIZE: Our minimum group size is 12 people and maximum group size is 30. Larger groups may be possible for some programs - please let us know if you are expecting a group larger than 30 people. Final headcount is due no later than 3 days before the program; you will be billed based on this final headcount.

CHAPERONES: Chaperones/teachers must stay with their youth group for the duration of the program. A student to chaperone ratio of at least 10:1 is requested.

YOUTH PROGRAMS

Ages 6-12

- **Incredible Edible Insects**

Did you know that millions and millions of people around the world eat bugs? It's true! Insects have long been both a delicacy and an everyday ingredient in countries like Mexico, Brazil, Ghana, Thailand and China and are gaining popularity in countries like the Netherlands, Australia and...even the United States! In this awesome insect adventure, kids of all ages will have the opportunity to sample a wide variety of bug-based snacks and learn why edible insects might just be the food superheroes we've been waiting for! Plus, hear the stories of Mainers who are selling and farming edible insects - and why their businesses are such a great thing for our state!

- **The Wild World of Maine Blueberries**

Maine is home to one of the healthiest superfoods around - wild blueberries! Wild blueberries have been growing here for thousands of years, and they're not only super tasty—they're good for you too! In this berry-licious class, kids will explore the wonderful world of Maine Wild Blueberries. They'll learn how these tasty berries grow and why they're so special. Get ready to taste wild blueberries and compare them cultivated ones! Plus, you'll get to make a fun wild blueberry craft, find out why these little fruits are important for Maine farmers, and discover what makes them different from the blueberries you see in the grocery store!!

- **Diving Deep with Maine Seaweed**

Did you know that Maine's oceans are home to many kinds of seaweed? This tasty sea vegetable is becoming super popular in kitchens all around the world! In this fun underwater adventure, kids will dive into the exciting world of Maine seaweed. They'll learn how seaweed is harvested and discover all the cool ways it can be used in cooking and healthy eating. Participants will explore different types of seaweed that grow in Maine, taste some yummy seaweed snacks, and find out how these ocean plants help keep our environment healthy. Plus, they'll hear amazing stories from local seaweed farmers about how they grow seaweed and why it's good for our planet!

- **Farm Fresh: Exploring Maine Agriculture**

From sweet wild blueberries to creamy cheeses and yummy maple syrup, Maine's farms are full of delicious surprises! In this fun and hands-on class, kids will explore the amazing world of Maine agriculture. They'll learn about popular foods like potatoes and wild blueberries, discover how farming is a big part of Maine's way of life, and find out how small farms use special techniques to keep our environment healthy. Plus, everyone will get to taste some tasty treats made from Maine's fresh ingredients, hear the stories of local farmers who help grow our food, and plant their very own food plant (varieties will change depending on the season) using seeds from a local seed company to take home and nurture!

QUESTIONS? READY TO BOOK? EMAIL US AT SARA@MFBE.C.ORG