

CONGRATULATIONS!

**YOU WON A SILO TO STORE YOUR PRODUCTS AFTER YOU HARVEST
YOU CAN EVEN STORE GRAIN TO FEED YOUR LIVESTOCK IN THIS SILO!**

Whole grains are an important part of a nutritious diet. But do you even know what a grain is? A grain is an edible fruit or seed that is harvested from different types of grasses. We're not talking about the grass in your front yard, but specialty grasses used just for growing food. Wheat, rice, barley, and oats are examples of grains. These grains are full of important proteins, starches, water and oil. Grains provide more energy around the world than any other crop!



**Cut out this stamp
and attach it to
your Passport to
Sustainability.
Collect them all!**

Other cool facts about grains

- People have been eating whole grain oats since at least 400 BC!
- It is thought that whole grain oats were brought to America in the early 1600's, and that they were used to help cure stomach aches.
- Grains need to be chewed a lot, because digestion starts in your mouth.



WHOLE GRAIN MARSHMALLOW CRISPY BARS

Try this delicious recipe using whole grains!

Prep: 15 minutes Cook: 5 minutes
Stand: 15 minutes

Yield: Makes 24 squares

Ingredients

3 tbs butter
1 (10.5 oz) bag mini marshmallows
1 (15 oz) box multi-grain cluster cereal
1 ¼ C dried cranberries
Cooking spray

Preparation

Melt butter in a large saucepan over low heat. Add marshmallows and stir constantly until melted and smooth.

Remove from heat.

Stir in cereal and 1 C cranberries.

Coat a 13 x 9 inch baking dish with cooking spray.

Press mixture into baking dish and let cool for 10 to 15 minutes.

Enjoy!

Per bar: Calories 142; Fat 2.9g (sat 1g, mono 0.9g, poly 0.4g); Protein 2.7g; Carb 27.9g; Fiber 1.9g; Chol 4mg; Iron 0.7mg; Sodium 22mg; Calc 10mg.