

LOCAL MENU TAKE OVER

Teachable Moments Kit

Breakfast Bars

Brought to you by:



FEED OUR FUTURE®
Local Foods for Growing Minds

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LOCAL Spotlight

LOCAL MENU TAKE OVER

We asked **Megan** from **Dough Go's** questions about her delicious breakfast bars. Learn more about her and her bars by reading her answers below!

INTRODUCING:

Megan

FROM

Dough Go's

Q: Why did you start making breakfast bars?

A: Our breakfast bars are inspired by our son, Owen. He started kindergarten and we needed a quick, easy breakfast before school. Looking at labels, we were surprised to how much sugar, bleached white flour, and artificial ingredients were inside his first meal of the day. We wanted him to have a better start! We made a goal to create a bar that is clean label but still tastes good!

Q: Where is Dough Go's located?

A: We are located in Canton, OH.



A Local Canton Company



Q: Where do your oats come from?

A: The oats are grown, cut, processed, and packaged right here in Millersburg, OH!

Q: What other products do you make?

A: We also make pizza dough and cookies.



Q: Where are your breakfast bars baked?

A: The breakfast bars leave Canton, OH and are baked in an oven at each school that serves them on their menu.

Q: Can we find your products anywhere outside of school?

A: You can buy our pizza dough online doughgos.net/shop or at Raisin Rack Natural Food Market.



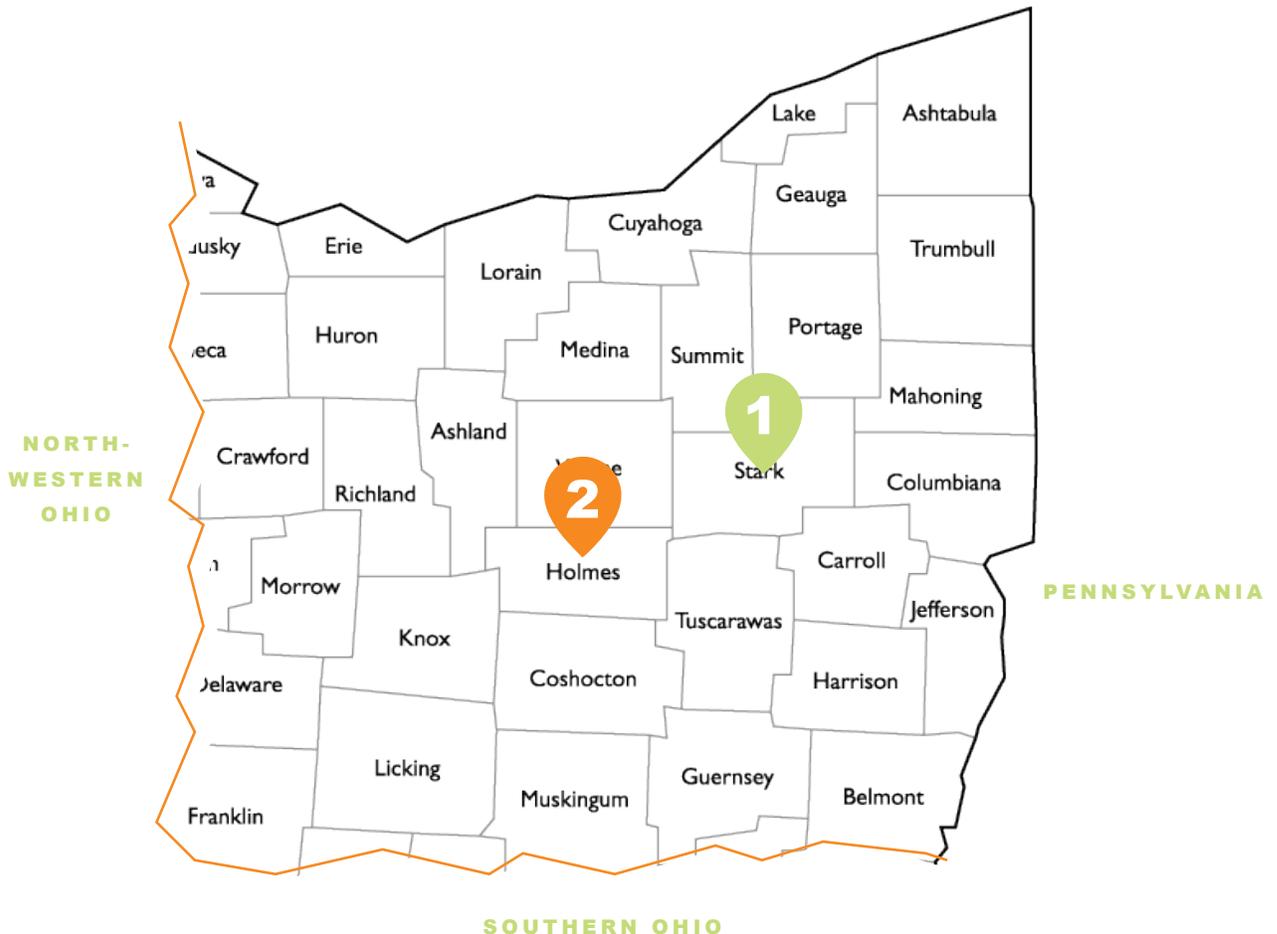
LOCAL Food Map

LOCAL MENU TAKE OVER

This map shows where **Dough Go's** locally sources their ingredients. Using locally-grown food supports farmers and reduces wasteful energy - and it may taste better, have more nutrients and last longer!

NORTHEAST OHIO

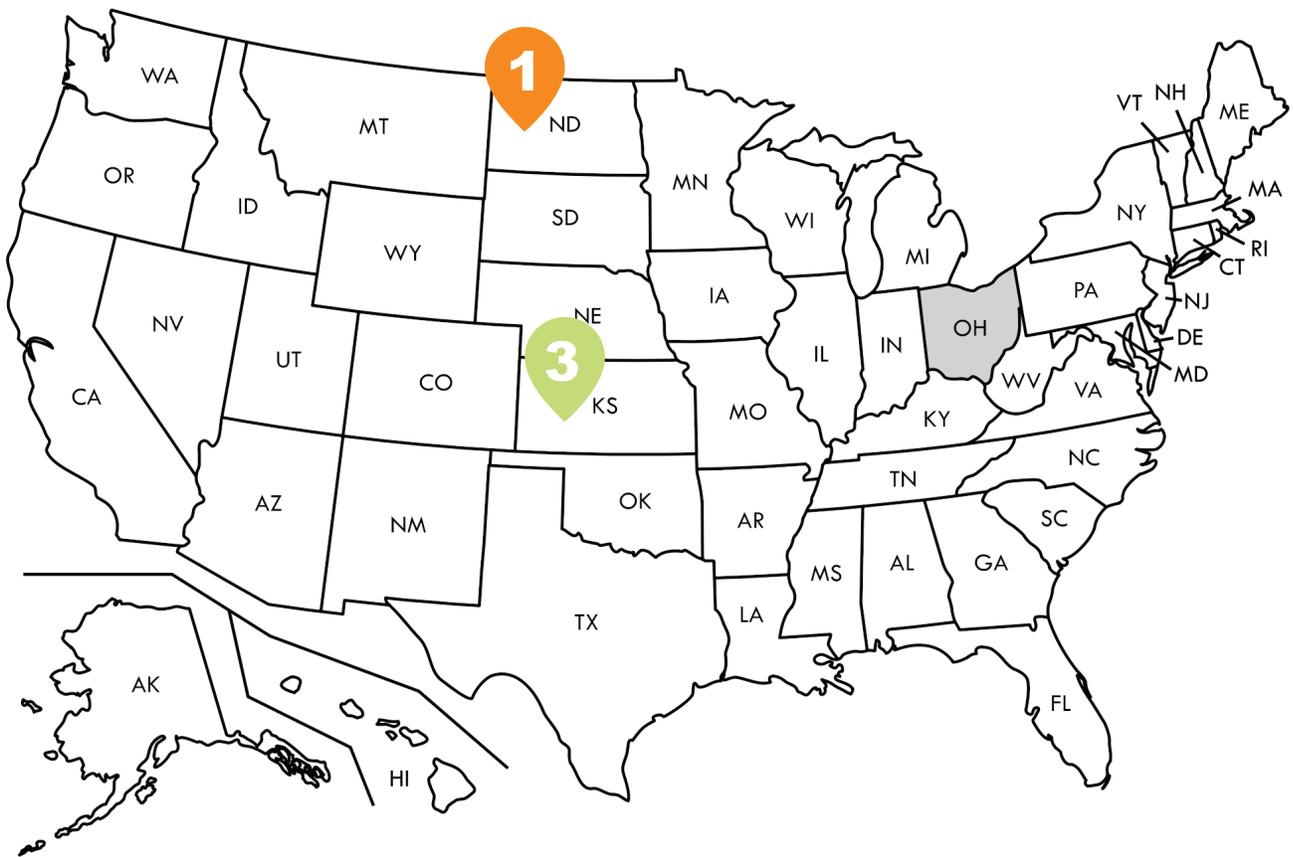
- 1 Dough Go's breakfast bars are made in Canton, OH and distributed throughout Northeast Ohio (*between 1-60 miles*)
- 2 Stutzman Farms provides oats and flour from Millersburg, Ohio (*approximately 68 miles*)



NATIONAL Food Map

LOCAL MENU TAKE OVER

Many store-bought products have traveled a great distance to get to you. *Food miles* are the distance food travels from where it is grown to where it is bought and consumed. Foods with lower food miles decrease the use of fossil fuels and have smaller carbon footprints.



THE UNITED STATES

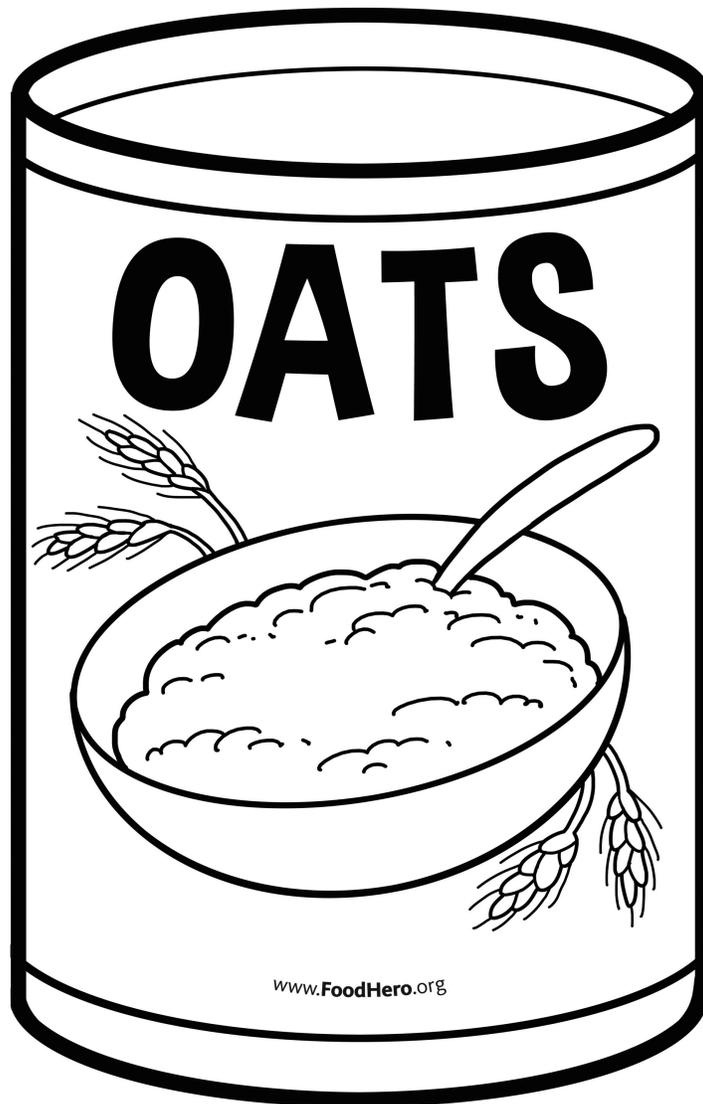
- 1** North Dakota produces the most oats in the United States. *(approximately 1,216 miles away)*
- 2** Cinnamon is an ingredient that can travel as much as 15 days. Cinnamon most commonly travels from Southeast Asia. *(approximately 8,000 miles away)*
- 3** Most flour comes from Kansas, the #1 state in flour milling in the United States *(approximately 1,070 miles away)*





Color Me!

DIRECTIONS: Oats are an ingredient in lots of foods that we eat. Color the oats package below and think of all the other foods that are made with oats. Share on social media with the hashtag **#LocalMenuTakeover** for a chance to be featured on our page!



#LocalMenuTakeover

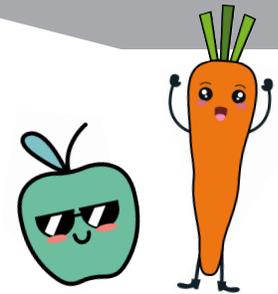
Word Search



DIRECTIONS: Locate the list of words that are hidden in the grid. They can run horizontally or vertically. Mark them off as you go. Good luck!

Dough Go's

G	N	S	D	N	I	M	G	N	I	W	O	R	G
S	G	O	L	O	C	A	L	F	O	O	D	A	H
C	H	I	R	O	N	O	T	E	T	L	L	N	R
H	A	F	I	C	H	A	O	E	D	O	W	E	N
O	O	R	G	A	N	I	C	D	H	S	B	I	E
O	B	E	R	L	I	N	F	O	O	D	H	U	B
L	N	N	O	O	R	T	D	U	U	S	H	R	N
O	C	O	H	I	C	U	O	R	G	I	H	M	G
V	A	O	D	O	T	G	D	F	N	O	O	F	U
E	N	A	E	F	H	N	N	U	L	H	D	L	G
N	T	V	E	G	G	O	R	T	U	U	O	O	N
B	O	U	U	S	T	A	O	U	D	U	C	U	O
N	N	O	L	N	O	G	F	R	R	I	S	R	N
D	D	R	E	O	H	I	O	E	S	C	C	N	L



FEED OUR FUTURE
 OBERLIN FOOD HUB
 FLOUR
 GROWING MINDS
 SCHOOL OVEN
 DOUGH GO
 OATS
 CANTON
 LOCAL FOOD
 ORGANIC
 OHIO
 OWEN



Play this puzzle online at : <https://thewordsearch.com/puzzle/1467193/>

Fun Facts



Learn more about local ingredients and where your food comes from with the fun facts below. Share your new knowledge with your friends and family!



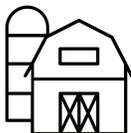
Kids who eat breakfast do better in school, have better concentration, perform better on tests, and have fewer behavior problems. It is the most important meal of the day!

The breakfast bar became popular in the 1970s as an on-the-go food.



Breakfast bars are full of carbohydrates - the preferred energy source for your brain!

North Dakota produces the most oats in the United States.



25,000 acres of oats were harvested in Ohio in 2019.