



FARMERS IN ACTION
FEEDING EVERYONE



Grow Forward Journal

Summer 2025

Day 1: Your Choices Shape the Future

Reflection Questions:

- • What do you want your future to look like?
- • How does what you do today shape that future?
- • What kind of impact do you want to have on your family or community?

What I learned today:

My action step:

Day 2: Eating for Energy and Longevity

Reflection Questions:

- • What kinds of foods make you feel your best?
- • What's one small change you could make now to eat healthier?
- • How could your choices influence your family or friends?

What I learned today:

My action step:

Growing Food – Skills That Last a Lifetime

Reflection Questions:

- • What could you grow if you had even a little space?
- • How could knowing how to grow food help you in the future?
- • What does taking care of the land teach you?

What I learned today:

My action step:

Day 3: Cooking Healthy Food

Reflection Questions:

- • What's one thing you want to learn how to cook?
- • How can cooking help you be more independent and healthy?
- • How does food bring people together?

What I learned today:

My action step:

Helping Others in Hard Times

Reflection Questions:

- • Has your community ever gone through a hard time or disaster?
- • What role could you play in helping others?
- • What do you think people need most during a crisis?

What I learned today:

My action step:

Day 4: Leading the Way

Reflection Questions:

- • What is one habit you want to keep after this program?
- • How can you be a role model in your school, home, or group?
- • What would you say to younger kids about food and health?

What I learned today:

My action step:

Commitment and Reflection

Reflection Questions:

- • What moment from this program stuck with you the most?
- • What do you want to remember a year from now?
- • How will you carry the mission of Farmers in Action forward?

What I learned today:

My action step: