

October - Let's Eat!

Are you looking for something fun and educational to do at home? Check out these library recommended STEAM activities, programs, podcasts and more! Click the links to visit activities and books.

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World Vegetarian Day - Oct 1st

Activities:

[Straw Potato](#) - School Aged

[Can You Make a Potato Head](#) - Pre-K

[How To Make Bread in a Bag](#) - School Aged



Books to Read:

[The Forest Feast for Kids](#) - Gleeson, Erin

[Adventures in Veggieland](#) - Potock, Melanie

[Better Than Peanut Butter and Jelly](#) - Mattare, Mary

World Vegetarian Day:

World Vegetarian Day is an international observance that promotes the benefits of a vegetarian lifestyle and encourages people to consider adopting it. The purpose of this day is to create awareness about the positive impact of vegetarianism on human health, the environment, and animal welfare. It also highlights the variety and richness of vegetarian cuisine, making it an appealing and enjoyable choice for many.

National Taco Day - Oct 4th

Activities:

[Walking Taco](#)– All Ages

[Cheesy Taco Sticks](#)– All Ages

[Great Green Guacamole](#) – Elementary

Books to Read:

[Mexican Food](#) – Blaxland, Wendy

[Death by Burrito](#) – Ola, Shay

[The Taco Tuesday Cookbook](#) – Fuentes, Laura

National Taco Day

National Taco Day is a popular annual celebration that honours the beloved Mexican dish, the taco. This observance is an opportunity for taco enthusiasts to come together to appreciate the diverse flavours, fillings, and variations that this iconic food item offers. It serves as a reminder of the cultural significance of this culinary delight and its ever-growing popularity worldwide, as it continues to rise as a staple in different countries and cuisines, including Canada.



World Food Day - Oct 16th

Activities:

[20 Easy Ways to Reduce Your Food Waste – All Ages](#)

[A Guide to 5 Quick Activities on World Food Day – All Ages](#)

[A Map of Where Your Food Originated May Surprise You – Elementary](#)

Books to Read:

[Saturday At The Food Pantry – O'Neill, Diane](#)

[What If Everyone did That? – Javernick, Ellen](#)

[One Grain of Rice: A Mathematical Folktale – Demi](#)

World Food Day:

World Food Day is an annual event that raises awareness and encourages collective action to help end global hunger. Established by the United Nations' Food and Agricultural Organization (FAO) in 1979, this day of observance seeks to address issues relating to food security, malnutrition, poverty, and sustainable agriculture. The main aim is to facilitate access to safe and nutritious food for everyone and to promote events and initiatives that engage communities in addressing these complex challenges.



National Pumpkin Day - Oct 26th

Activities:

[Building Structures with Candy Pumpkins](#) – School Aged

[How to Make Pumpkin Brush Bots for Halloween](#) – School Aged

[Pumpkin Math: How Many Segments?](#) – School Aged

Books to Read:

[Pumpkins](#) – Farmer, Jacqueline

[It's A Pumpkin!](#) – McClure, Wendy

[How to Carve Freakishly Cool Pumpkins](#) – Schuette, Sarah L.

National Pumpkin Day:

National Pumpkin Day is an annual observance that celebrates the significance and versatility of pumpkins. This humble orange gourd is not only associated with autumnal decorations and Halloween festivities, but also carries nutritional and cultural value. The day aims to highlight the importance of pumpkins in various culinary uses, their role in agriculture, and their rich symbolism in popular culture.

