



Support Hip2B Healthy Kids and



Crown Heights Farmers Markets! Raffles - Sell tickets, win iPod Touch, Nano, More!

Winner EVERY WEEK this Summer
Help kids play soccer, dance, play music, more!

Seeds in the Middle, named by 4th graders in Crown Heights, partners with schools - parents, educators, students - and the community to inspire and empower all to get healthy. We believe kids must have access to nutritious food, fitness, arts, and more. We teach how to grow edible gardens, create a student-run Hip2B Healthy Market selling nutritious snacks for less than junk food at bodegas, cook healthy with master chefs, and how to get fit! Please buy and sell raffles to support us! We run soccer and sports programs & the Crown Heights Farmers Market at Hamilton Metz Field (Albany/Lefferts Park) and Brower Park. Families are running, doing zumba & dancing at P.S. 221. Kids are ballroom dancing, singing with the Metropolitan Opera, and more. Folks: please sell at churches, work, anywhere you know. All \$ go to Seeds in the Middle for Hip2B Healthy kids! **Did you know? Healthy kids score higher on standardized tests and achieve higher!**

RAFFLES: \$1 each

DRAWING EVERY FRIDAY AT BROWER PARK FARMERS MARKET

PRIZES EVERY WEEK: Free produce at market, Nike sweatshirts, New Balance Sneakers, Gift Certificates to top Brooklyn/NYC restaurants, soccer balls

**WANT TO WIN AN IPOD TOUCH, IPOD NANO?
SELL, SELL, SELL!**

WIN PRIZES FOR SELLING TICKETS: *If you are first to sell...*

350 TICKETS, you win an IPOD TOUCH, 33 Gigs

200 TICKETS, win an Ipod Nano or \$50 gift card to Joya Restaurant (2 winners)

100 TICKETS, win free fall soccer for 1 child, sneakers or Nike sweatshirt (20 winners)

50 TICKETS, win \$20 of goods sold at Thursday/Friday Farmers Markets (10 winners)

Info and to get raffles: Come to the Farmers Markets or call 917-756-4202 or email:
farmersmarket@seedsinthemiddle.org.

Thursdays 1-7 pm: Crown Heights Farmers Market ,Albany/ Lefferts Aves, ,Hamiton Metz

Fridays 1-7 pm: Farmer Roy's Farmers Market at Brower Park, Prospect Place and Brooklyn Avenue, right next to the Brooklyn Children's Museum - Raffle drawing every Friday - bring your cash if you sold more than 50 tickets and we'll give you your prize right there. **First THREE to sell 350 tickets get Ipod Touch. First THREE to sell 200 tickets get Ipod Nano.**