Garver Family Farm Market





Getting Ready:

I will wear comfortable clothes and shoes.
I can bring a shopping list or bag if I want to help.
I might bring ear protection if it gets noisy inside.

2



Arriving at the Market:

We will drive to Garver Family Farm Market and park. There may be other shoppers inside and outside. We will walk into the barn and look around.

3



Exploring the Market:

I will see fruits, vegetables, baked goods, and local items. I can help choose food or just look around. I will stay close to my family or group.

4



Sensory Tips:

The market might smell like fresh fruit or spices. It could be busy and loud. I can take a break outside if I need to. I can bring a comfort item or fidget to feel calm.

5



Leaving the Market:

We will pay for our items at the register. Then we will walk back to the car. I might eat a treat on the way home!



