



Dear Educator,

I am writing to let you know of an amazing opportunity for you and your students! The University of Arizona's Cooperative Extension 4-H program has received a grant to offer a **FREE** program for underserved youth and their families called *Food Smart Families*. This program is being offered to schools (grades 4-12) in which fifty percent or more of the student population are eligible for free and reduced lunch. I would like to invite your school to participate in this program during the 2017-18 school year.

Participating students will learn fun hands-on nutrition lessons, simple and healthy food preparation ideas, as well as gain valuable insight on food budgeting tips and tricks. The youth will also be given a bag of food to make two healthy meals at home! The goal of the program is to empower youth to become agents of change toward more healthy habits and improve food security in low income families in Southern Arizona.

Overview

- The *Food Smart Families* program will include 8-10 hours of hands-on lessons designed to teach youth about nutrition, food budgeting and healthy food preparation
- A post evaluation will be given to all participating youth
- A bag of groceries with ingredients to make two healthy meals at home will be provided to the students
- An optional 2-hour field trip to the Tucson Village Farm can be included as part of the programming. The cost for the field trip is \$5 per child and adults are free.

Possible Topics Covered

Sugary Drinks	Eating Breakfast
My Plate	Simple and Healthy Food Preparation
Eating a Rainbow	Growing Your Own Garden
Make Half Your Grains Whole	Eating From the Garden
Nutrition Facts Labels	Buying Food on a Budget
Fast Food	Food Selection and Safety

Contact

If you wish to implement this free program at your school, contact Natalie Shepp, Food Smart Families Program Coordinator, at nshepp@cals.arizona.edu or 520-349-3224.