



About: National 4-H Council and United Healthcare developed the **4-H Food Smart Families Program** to empower families with sustainable solutions to confront hunger as a critical health issue. The program includes two components: (1) Empowering families with nutrition education, cooking and food budgeting skills and (2) Connecting families with nutrition assistance resources in their community.

4-H Food Smart Families provides youth 8-12 years of age and their families with a series of (4) two hour lessons on nutrition education, food preparation and physical activity.

Sample lessons include:

- Drink Low Fat Milk or Water instead of Sweetened Drinks
- Eat a Rainbow! Eat more Vegetables and Fruits
- Read it before you eat it! The Nutrition Facts Label
- Make Half your Grains Whole, Eat more Whole Grains
- Healthier Foods-Fast: Eat Fewer High Fat, High Sugar Foods
- Power Up Your Day: Eat Breakfast

Prizes and Incentives: Upon successful completion of the (4) two hour sessions, each family will receive two full sets of ingredients for healthy meal preparation at home.

The culminating event will be the **4-H Food Smart Families Grocery Store Challenge Simulation**. Youth will be tasked with a mission to choose 5 healthy grocery items for under \$12 by utilizing the skills they learned in the workshop series. Each family will receive a “healthy kitchen” gift basket to assist in food preparation for healthy meals at home as well as keep the food selections from the simulation.

4-H Food Smart Families Programming is mobile and can be delivered to your organization, school or business.

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