



Dear Early Head Start Families,

Thank you for your interest in the Clark County EFNEP series of classes, "Eating Smart, Being Active". Here is some additional information about the Live Zoom online programming, and how to get registered for the program.

The Expanded Food and Nutrition Education Program (EFNEP) is a free educational program for parents and caregivers of children under 18 with limited incomes or who receive food assistance benefits. We are now offering an online version of the *Eating Smart • Being Active* curriculum.

- Classes are held via scheduled Zoom meetings. You can join via your phone, tablet, or computer. **This class meets on Tuesdays (11am) & Thursdays (5:30) starting Sept. 15th & Sept. 17th.**
- Lessons include nutrition education discussions, recipe demonstration videos, and even opportunities to engage in physical activity! The eight lessons are approximately 30 to 45 minutes each.
- Lessons will be offered twice a week over an 8-week period. There is a morning and evening option for your convenience. You can choose which one to attend each week. You must attend at least six of the eight sessions to graduate. Lesson dates are (Sept. 15th & 17th), (22nd & 24th), (Sept. 29th & Oct. 1st) (Oct. 6th & 8th), (Oct. 13th & 15th), (Oct. 20th & 22nd), (Oct. 27th & 29th), (Nov. 3rd & 5th).
- Upon completion of the program, you will receive, via mail, a certificate of completion from OSU, recipe book and MyPlate grocery list pad. **All Early Head Start families (1 per family) completing all 8 classes will get to choose between a crockpot or blender as an attendance incentive.** In addition, we will have weekly attendance drawings for \$10 gas cards.

To register for the program, please provide the following information to your parent educator:

1. Full name
2. Email address
3. Phone Number
4. Zip Code

In 5-7 days before the program starts, you will receive an additional email from me with the details for connecting to the Live Zoom program. There will be an internet link and password to join. This is just for you. If you know of other people who want to join, please ask them to register also. This helps me maintain accurate records.

If you have questions or need more information, please email me at schutte.62@osu.edu

Thank you. I look forward to meeting you in class soon!

Sincerely,
Meighan Schutte, schutte.62@osu.edu

