



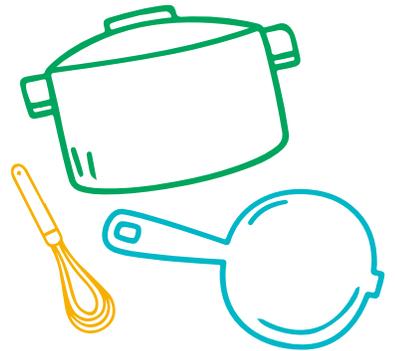
# MEAL KIT PROGRAM

JULY • AUGUST • SEPTEMBER • OCTOBER

Food, Fun, 4-H is a free, at home cooking program that unites families in the kitchen and at the dinner table. This program gets young people in the kitchen and provides experience preparing home-cooked meals, trying new foods, encouraging family time, developing communication skills, and having fun!

## How does it work?

Those who register will receive monthly recipes for one complete meal, educational information, nutritional facts, conversation starter topics, and ideas for a family physical activity. Each food kit will contain enough servings for a family of four.



## Expectations:

- Following the submission of their registration, each family will receive information on how to pick up their Meal Kit. The Bedford Farmers Market will serve as the pick up location. Pick up Dates: July 8, August 12, September 9, October 14
- Once the Meal Kit is picked up, the family will need to prepare the meal following the recipe(s) provided, virtually share two photos (one preparing the recipes and a photo of their family at meal time), and answer three questions about their cooking and mealtime experiences.

## What's in it for you?

Upon completion of the program, if the family has participated all four months, they will also receive additional incentives, along with the knowledge and ability to create a meal together as a family.



Register for the program by visiting: <https://bit.ly/RegisterFF4H>

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