

Welcome to Food, Fun, 4-H!

We are so excited you are able to join our program. At any point that you have questions about your box contents or how to do something, please reach out to 4-H Educator, Lesley Lodmell, at 812-275-4623 or lodmell@purdue.edu. We want this to be a fun experience for your family where you learn a little about cooking and get to enjoy time together.

What to expect each month:

Each month, your kit will contain:

- Groceries to make a family meal
- Recipes using the groceries provided
- An additional recipe in case you want to try something more
- A family challenge and dinner conversation topics
- A lesson about something from health to kitchen skills
- Reusable Shopping bag
- Aprons (first month only)



To be eligible for your next meal kit, you will need to complete a quick survey to share two pictures (one of your family preparing one of the dishes and one of a family meal). We will also ask you to briefly respond to each of these statements:

- "I Like..."
- "I wish..."
- "I wonder..."

Answer those quick questions, and you will be able to pick up a meal kit for the next month.

Pick Up Details:

- **Location:** Bedford Farmer's Market- Courthouse Square / Purdue Extension Office
- **Time:** 9:00am- 11:00am each pick up day
- **Dates:** (Note, you will have a meal kit for each of these dates)
 - July 8
 - August 12
 - September 9
 - October 14

***Note: It is important you pick-up on this date or coordinate changes ahead of time, we cannot guarantee fridge space for kits not picked-up.**

Completion of the Program:

If you complete all four months with your family, you will be eligible for additional incentives.

We want to say a special thanks to IU Center for Rural Engagement, I-Hope, and the Lost River Market and Deli for making this financially possible.

The contents of this document are those of the author and do not necessarily represent the official position of or endorsement by the Centers for Disease Control and Prevention.

