

## Welcome to Fun, Fun, and 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](mailto: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 box, you will complete a quick survey for us where you share two pictures (one of your family preparing one of the dishes and one of a family meal). We will also ask you to respond to each of these statements briefly:

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

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

### Pick Up Details:

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

### 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 Lost River Market and Deli for making this financially possible.