



Dear Teachers,

Here is a sample article that you may want to publish in your school's newsletter.

For more information about Midwest Food Connection, please visit our website:
www.midwestfoodconnection.org

Thank you, Uli Koester

Midwest Food Connection Brings Lessons in Natural Foods

The Midwest Food Connection will begin its new series of four lessons in our classroom this week. With a focus on both food and our environment, *MFC TEACHER NAME*, will teach the "Climate Conscious Cuisine" unit, which gives students the unique opportunity to study a wide variety of foods along with kitchen, shopping, and growing practices that keep both *our health* and the *health of the environment* in mind. The lessons are always fun and engage the children with visually rich presentations and stories, and through a variety of hands-on activities such as art projects, play acting and singing. In each class, children are able to taste wholesome, minimally processed foods and are often surprised to find they like them. These lessons are offered at no charge to our school because of the generous support of Twin Cities Natural Food Co-ops.