



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 fall series of four lessons in our classroom this week. With a focus on foods "Locally Grown", *MFC Educator's Name*, our Midwest Food Connection educator will teach the importance of eating locally grown fruits and vegetables, some of the rich traditions of the MN wild rice harvest, and the benefits of eating seasonal, natural foods. The lessons are always fun and engage the children in a variety of hands-on activities such as art projects, play acting, singing, or working together to make a salad. In each class, children are able to taste fresh fruits or vegetables 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.