



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](http://www.midwestfoodconnection.org)

Thank you, Uli Koester

Midwest Food Connection Brings Lessons in Healthy Eating and Sustainable Agriculture

The Midwest Food Connection will soon begin its winter series of four lessons in our classroom. With a focus on "Foods from Around the World," *MFC Educator's Name here*, our Midwest Food Connection educator, will teach lessons that give children a taste of the diverse food traditions that new immigrants have brought to Minnesota. We study the healthy food choices that come to us from around the world, with a special look at cultures from Mexico, Southeast Asia, East Africa, and Europe. Grains, beans, fruits and potatoes from around the world will be explored through song, drawing, tasting and storytelling. These lessons are offered at no charge to our school because of the generous support of Twin Cities Natural Food Co-ops.