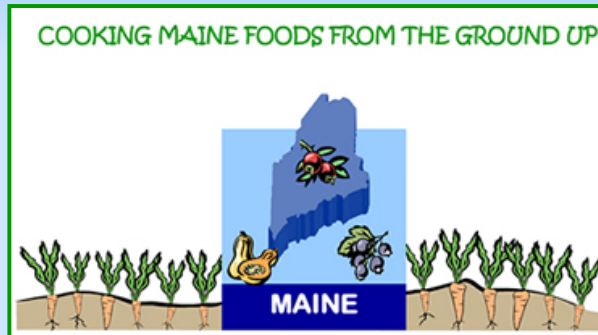


Introducing:



A Nutrition Education program that complements the Fruit and Vegetable Program and Farm-to-School Efforts

The **Maine-ly Nutrition and Take Time! School Program** developed this great program for schools for some of these reasons:

It's Fun!

- Cooking with children can be a fun and exciting experience. Research indicates that when children use foods they have helped to grow and/or prepare, they are more likely to make healthier food choices and this tendency lasts into adulthood.

It's Smart!

- Proper nutrition contributes to academic success and helps to prevent childhood obesity as well as future chronic disease.

It is Flexible!

- Although **Cooking Maine Foods from the Ground Up** is designed for use with 3rd and 4th grades and aligned with the Maine Learning Results for those grades, it can be modified for other grade levels.

This program is available to download at: <http://www.maine-nutrition.org/>