

Hello, and welcome to Real Kids Real Food 2022!

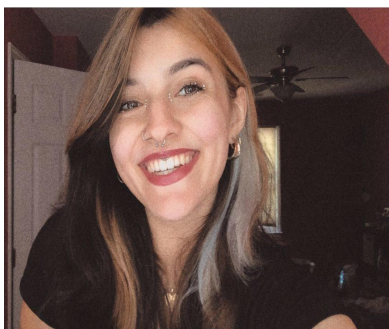
We are so thrilled that you are joining us for this year's program! Real Kids Real Food's mission is to prevent obesity, chronic illness, and malnutrition, especially in children, through education and advocacy of healthy living. This spring's program will focus on healthy living through fun, engaging, and interactive activities: making delicious recipes, exercising, and practicing mindfulness. We are so excited to meet you and get to know you over the next coming months!

Our names are Maya and Sydney, and we will be the Spring 2022 Real Kids Real Food counselors for ages 3-6.

My name is Maya, and I am an undergraduate first year at Brandeis University studying HSSP (Health: Science, Society, and Policy), as well as International and Global Studies on the pre-law track. Food has always been an important part of my life and family. Growing up in a plant-based family, I learned the importance and value of eating a healthy and balanced diet, and how it can truly improve so many parts of our life. Preparing food is so much fun, and an amazing way to bond with others, enjoy wholesome and delicious meals, and have a good time. Outside the kitchen, I love to play the piano, swim, explore cities, and go on hikes around the area!



Hi, my name is Sydney Gossweiler. I am a third year undergraduate student attending



Appalachian State University in Boone, North Carolina. I am currently earning a bachelor's degree in psychology with a focus in Health Studies. I enjoy creativity and love to dance, draw, as well as write poetry in my free time. I am very excited to be a part of this program and be able to prepare food, engage in fun activities with all of you on your journey of a healthy lifestyle.

We are very excited to meet all of you, so we can learn more about the amazing food we eat, and prepare some delicious new flavors together.

In order to get to know you better, we'd like to learn a little more about some of your interests! What are some things that are important to you, and what brings you joy and happiness? What makes you unique? Do you have any favorite foods?

Additionally, let us know if you have any allergies, and if you have a garden or pot to grow seeds in.

Important Logistics:

Zoom Link: <https://zoom.us/j/4426006507?pwd=aFYyN09iL0RQVU1LM2xRSHVzSEx6UT09>

Meeting ID: 442 600 6507

Passcode: d3y1Te

During our first session on Saturday, February 5th at 10 AM EST, we'll be discussing the difference between real food, which is grown in the soil or on a tree, and processed food, which has been altered from its natural state. Before each class, please make sure you are set up with paper and some writing utensils (if possible, something with color like crayons, markers, or colored pencils). Sometimes we will be doing drawing activities during our meetings to keep everyone creative and engaged.

Please do not hesitate to let us know if you have any questions or concerns. We look forward to meeting you all soon!

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