

## Nutrition Education Program (NEP) School Enrichment Kits for Elementary Schools

Due to special grant funding, this **FREE** program is only available to elementary schools where 50% or more of the students participate in the free and reduced price school lunch program. Please click on the following link for a short video explaining the school enrichment kits <http://youtu.be/pPAYm5nQ3uQ>.

Kit Titles	School Enrichment Kits are available in the following Nebraska counties:	
<p style="text-align: center;"><i>Food Fun!</i></p> <p><b>Kindergarteners</b> will enjoy learning about:</p> <ul style="list-style-type: none"> <li>• Why food is important to good health</li> <li>• The five food groups</li> <li>• Healthful foods with “<i>Old Lady Who Swallowed a Pie</i>”</li> </ul>	<ul style="list-style-type: none"> <li>• Adams</li> <li>• Boone</li> <li>• Box Butte</li> <li>• Buffalo</li> <li>• Butler</li> <li>• Cass</li> <li>• Colfax</li> <li>• Custer</li> <li>• Dakota</li> <li>• Dawes</li> <li>• Dawson</li> <li>• Dodge</li> <li>• Douglas</li> <li>• Gage</li> <li>• Grant</li> <li>• Greeley</li> <li>• Hall</li> <li>• Hooker</li> <li>• Howard</li> <li>• Jefferson</li> <li>• Johnson</li> <li>• Kearney</li> <li>• Keith</li> </ul>	<ul style="list-style-type: none"> <li>• Lancaster</li> <li>• Lincoln</li> <li>• Madison</li> <li>• McPherson</li> <li>• Morrill</li> <li>• Nance</li> <li>• Nemaha</li> <li>• Otoe</li> <li>• Pawnee</li> <li>• Platte</li> <li>• Richardson</li> <li>• Sarpy</li> <li>• Saunders</li> <li>• Scotts Bluff</li> <li>• Sheridan</li> <li>• Sherman</li> <li>• Sioux</li> <li>• Thomas</li> <li>• Thurston</li> <li>• Valley</li> <li>• Washington</li> </ul>  
<p style="text-align: center;"><i>Healthy Me!</i></p> <p>Join “Chef Combo” as he helps <b>1<sup>st</sup> graders</b> discover:</p> <ul style="list-style-type: none"> <li>• Why their bodies need food</li> <li>• How their bodies use this food</li> <li>• How to plan a balanced meal</li> </ul>		
<p style="text-align: center;"><i>MyPlate Party!</i></p> <p><b>2<sup>nd</sup> graders</b> will enjoy learning about:</p> <ul style="list-style-type: none"> <li>• Why they need food</li> <li>• The digestion process</li> <li>• How to make healthful food choices</li> <li>• The definition of a combination food</li> </ul>		
<p style="text-align: center;"><i>Let's Eat Smart</i></p> <p><b>3<sup>rd</sup> graders</b> will enjoy learning about:</p> <ul style="list-style-type: none"> <li>• Nutrients</li> <li>• Food labels</li> <li>• A balanced diet</li> <li>• How to store food properly</li> </ul>		
<p style="text-align: center;"><i>Rate That Plate</i></p> <p><b>4<sup>th</sup> graders</b> will enjoy learning about:</p> <ul style="list-style-type: none"> <li>• Nutrients</li> <li>• Using MyPlate to make healthy food choices</li> <li>• How eating healthy foods makes them feel good</li> <li>• Eating a healthy breakfast</li> </ul>		
<p style="text-align: center;"><i>Food Science Investigator (FSI)</i></p> <p><b>5<sup>th</sup> graders'</b> curiosity will quickly peak as they investigate:</p> <ul style="list-style-type: none"> <li>• What and why nutrients are important</li> <li>• How to use MyPlate to select a balanced diet</li> <li>• Different food labels and what they mean</li> <li>• Food Safety</li> </ul>		
<p><b>For more information, please contact:</b>  <b>Natalie Sehi</b>  <a href="mailto:nsehi2@unl.edu">nsehi2@unl.edu</a>  <b>402-472-3781</b></p>		

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.