

**ASK ABOUT OUR KIDS
A COOKIN' & MOVIN'
FAMILY CHALLENGE**

Family

 **LUNCH
& LEARN**

Meet . Eat . Discover



K-State Research & Extension—
Atchison County connecting with
community partners to bring SNAP
Education to YOU. Learn about food
safety, healthy choices, being active,
smart shopping tips and community
food resources. Questions:

Call **913-833-5450**

E-mail [AtchisonCoExt @ksu.edu](mailto:AtchisonCoExt@ksu.edu)

Web www.atchison.kstate.edu



Join Us Thursdays This Summer

Atchison Middle School—301 N 5th Street

- **Collect quick low-cost family meal tips & recipes**
- **Parents & kids create healthy snacks together**
- **Weekly fun activities for kids and parents**
- **Free healthy meals for kids/parent meals \$3.95**
Meals prepared by Atchison Public School staff
- **Toddler time activities provided by Parents As Teachers**

**Enjoy your family
mealtime together
then join us for 30
minutes of free family
fun & learning at**

- **11:30-12:00**
- **12:00-12:30**
- **Or 12:30-1:00**

K-State Research & Extension is an equal opportunity provider. Prior to program, contact Diane Nielson, CEA regarding special needs accommodations. Phone 913-833-5450. Questions regarding summer feeding program should be directed to Patty Gaul. Atchison Public Schools—USD 409 Foodservice Director, 626 Commercial Street. Atchison KS 66002 913-367-4384