

# Promoting Healthy Weight & Healthy Lifestyles in Martin County

## Summertime Kids in the Community Kitchen

Summertime Kids in the Community Kitchen is a hands-on, interactive, healthy eating program for children and families.

The evidence based program reinforces the importance of a balanced diet and increased physical activity to promote healthy growth and development.

### Free Programs



**House of Hope, Golden Gate Center for Enrichment**  
Thursday, June 8, 15, 22, 29 • 1:30—3:00 pm

**Morgade Library, Stuart**  
Tuesday, June 6, 13, 20, 27 • 3:30 –5:00 pm

**Elisabeth Lahti Library, Indiantown**  
Wednesday, June 7, 14, 21, 28 • 11:00 am—12:30 pm

### Pre-registration is required

House of Hope (772) 286-4673 • Morgade Library (772) 463-3245 • Elisabeth Lahti (772) 597-4200



- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.