**Lesson 1:** **Welcome to *Eating Smart • Being Active***

**Email Template**

**For individual participants (free living participants)**

*Before the* ***Lesson 1:*** *Welcome to Eating Smart • Being Active*! *Discussion with participant(s), copy and paste the information below into an email (choosing the information for a phone call OR a video conference).*

**Subject Line:** Information about CSU Nutrition Education Classes – Please read.

Dear (insert participant name),

Welcome to EFNEP and *Eating Smart • Being Active*! This lesson series includes a combination of Online Lesson Videos and Live Discussions. Each week you will receive an email with the links to the Online Lesson Videos to watch prior to attending the Live Discussion on Zoom that your EFNEP Educator will lead. The Thursday group meets weekly at 1:00pm.

We are scheduled for a Live Discussion **on (Insert date of lesson here) at 1:00pm** for Lesson 1: Welcome to *Eating Smart • Being Active*

Here is the information for the video conference Live Discussion:

Join Zoom Meeting

<https://zoom.us/j/91852525562?pwd=RzBxWEhGcm9KaXhNNGQrZVY1dCtMQT09>

Meeting ID: 918 5252 5562

Passcode: 588893

**Prior to the Live Discussion on (Insert date of lesson here), please complete the following:**

1. **EFNEP Entry Form**by clicking on the following hyperlink: [EFNEP Entry Form New](http://colostate.az1.qualtrics.com/jfe/form/SV_3l9ihFh6sShGdbn) This form, which will take less than 10 minutes to complete, will help us better understand your food and physical activity choices and how we can best assist you with your eating and physical activity goals. The information that you provide on this paperwork will be kept confidential. Your name, address, phone number, and email will not be given to anyone outside of our program or to any government agency. This form also helps to ensure that our program does not discriminate against anyone. There are no wrong answers. If you have any questions regarding the enrollment form, please contact me. The Entry Form will ask, “Who is your EFNEP educator?” Please select **Insert your name.**
2. Watch the Online Lesson Video for [Lesson 1: Welcome to *Eating Smart • Being Active*](https://vimeo.com/408169133/8bc092dd09)
3. Watch the recipe video for this lesson’s featured recipe: [Fried Rice with Chicken](https://vimeo.com/556465172/899e88e080)
   * If possible, prepare the [Fried Rice with Chicken recipe](http://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2018/12/English-Spanish-Fried-Rice-with-Chicken-English-Spanish-1.doc)
   * Please also watch the videos linked below. These videos will help you with important elements in the kitchen and will provide information for knife skills and washing fruits and vegetables.
     + [Knife Skills](https://vimeo.com/556478748/d1fce0a715)
     + [Washing Fruits & Vegetables](https://vimeo.com/556483428/f500667274)
4. Be active with any of the [Walk Indoors video segments](https://efnep.rutgers.edu/efnepContent.php?l=eg&c=Exercisevideos).
5. Download the *Eating Smart • Being Active* mobile app using the following instructions
   * For iPhones: <http://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2016/12/Downloading-the-ESBA-Mobile-App-for-iPhone-handout.docx>
   * For Androids: <http://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2016/12/Downloading-the-ESBA-Mobile-App-for-Android-handout.docx>

**During our Discussion, I will introduce our program and review some of the main points from the Online Lesson Video**:

1) explain the lesson materials that I will send each week and how I will get lesson materials to you;

2) review the topics that will be included in the lesson series;

3) review the knife skills and safety from the lesson video;

4) discuss some food safety and food preparation tips for making our Fried Rice with Chicken recipe;

5) share information about downloading the *Eating Smart • Being Active* mobile app; and,

6) explain how and when to complete our program paperwork.

I look forward to getting to know you!

Sincerely,

(insert your name)