**Lesson 3: Plan, Shop, $ave**

**Email Template**

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

*Before the* ***Lesson 3: Plan, Shop, $ave*** *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 EFNEP Classes – Please read.

Dear (insert participant name),

Welcome back to EFNEP and *Eating Smart • Being Active*! We are scheduled for a Live Discussion **on (Insert date of lesson here) at 1:00pm** for Lesson 3: *Plan, Shop, $ave*

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. Watch the Online Lesson Video for [*Lesson 3: Plan, Shop, $ave*](https://vimeo.com/411198681/a470a0f224)
2. Watch the recipe video for this lesson’s featured recipes: [Breakfast Parfait and Cranberry Pecan Granola](https://vimeo.com/544619681/708190b274).
   * If possible, prepare the [Breakfast Parfait](http://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2019/01/English-Spanish-Breakfast-parfait.doc) and/or [Cranberry Pecan Granola](http://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2019/01/English-Spanish-Cranberry-pecan-granola.doc)
   * Please also watch the videos linked below. These videos will help you with important elements in the kitchen and will provide information for washing fruits and vegetables and accurate measuring.
     + [Washing Fruits and Vegetables](https://vimeo.com/556483428/f500667274)
     + [Accurate Measuring](https://vimeo.com/556461411/040122c0e3)
3. Be active with any of the [Walk Indoors video segments](https://efnep.rutgers.edu/efnepContent.php?l=eg&c=Exercisevideos).
4. Please download our free ***Eating Smart • Being Active* mobile app**. The mobile app includes all of our recipes, options for physical activity, and a unit price calculator, which we will learn about in this lesson. Here is a link to instructions for downloading the mobile app:

**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 review some of the main points from the Online Lesson Video:**

1. Why and how we plan meals and snacks.
2. Tips and tricks for saving money at the grocery store.
3. Food safety and food preparation tips for making our recipes Cranberry Pecan Granola and Breakfast Parfait.

I look forward to speaking with you!

Sincerely,

(insert your name)