**Lesson 5: Make Half Your Grains Whole**

**Email Template**

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

*Before the* ***Lesson 5: Make Half Your Grains Whole*** *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 5: *Make Half Your Grains Whole*

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 5: Make Half Your Grains Whole*](https://vimeo.com/419001489/69978ac4c9)
2. Watch the recipe video for this lesson’s featured recipe: [Pasta Salad](https://vimeo.com/606755589/241ef03f59)
   * If possible, prepare the [Pasta Salad](http://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2019/01/English-Spanish-Pasta-salad.doc) recipe
   * 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).

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

1. What foods are considered grain foods.
2. The difference between whole grains and refined grains.
3. How to identify whole grains by reading food labels.
4. How to get you and your family to eat more whole grains.
5. Food safety and food preparation tips for making our Pasta Salad recipe.

If you haven’t already gotten the chance, 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. 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>.

I look forward to speaking with you!

Sincerely,

(insert your name)