**Lesson 6: Go Lean With Protein**

**Email Template**

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

*Before the* ***Lesson 6: Go Lean With Protein*** *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 6: *Go Lean with Protein*

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 6: Go Lean with Protein*](https://vimeo.com/422207505/b4acb438c4)
2. Watch the recipe video for this lesson’s featured recipe: [Chili Tomato Beefy Macaroni](https://vimeo.com/639664069/cafb1c68a3)
   * If possible, prepare the [Chili Tomato Beefy Macaroni](http://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2019/01/English-Spanish-Chili-tomato-beefy-macaroni.doc) and/or the [Eating Smart Seasoning Mix](http://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2018/10/Eating-Smart-seasoning-mix-English-Spanish-2.pd) recipe.
   * Please also watch the videos linked below. These videos will help you with important elements in the kitchen and will provide information for handwashing and accurate measuring.
     + [Handwashing](https://vimeo.com/556477487/667340c5cd)
     + [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. Why eating protein foods is important.
2. Examples of animal and plant protein foods.
3. How much protein we need to eat each day.
4. How to keep foods safe to eat.
5. Food safety and food preparation tips for the Chili Tomato Beefy Macaroni 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)