**Lesson 7: Build Strong Bones**

**Email Template**

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

*Before the* ***Lesson 7: Build Strong Bones*** *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 7: *Build Strong Bones*

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 7: Build Strong Bones*](https://vimeo.com/424612908/8d430b673f)
2. Watch the recipe video for this lesson’s featured recipe: [Skillet Mac and Cheese](https://vimeo.com/698278572/57ccd66c75)
   * If possible, prepare the [Skillet Mac and Cheese](https://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2023/08/English-Spanish-Skillet-Mac-and-Cheese.doc)
   * 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 consuming dairy foods and foods with calcium is important.
2. How to keep dairy foods safe to eat.
3. How to save money on dairy foods.
4. Food safety and food preparation tips for the Skillet Mac and Cheese 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)