URI 4-H Presents…

A Fabulous Food and Fitness Day

A fun day of workshops, games and contests all focused around being active and eating right.

For 4-H members of all ages: 5-19 and non-members accompanied by a responsible adult!

Parents and adult volunteers are welcome and needed!

Date: Wednesday April 22nd
Time: 9am to 4pm
Place: Coventry High School
40 Reservoir Rd, Coventry RI

Here’s what you can expect if you sign up for this super fun event...

Karate demo — Yoga class — International themed Food Contest

Edible Gardens — 4-H Foods Projects for you and your Club

4-H Olympics — Healthy Local Sweeteners: Honey and Maple

Think Your Drink— Club Activity Stations

“You're Eating My Salad!” all about place settings and etiquette

Stone Soup with Farm Fresh RI, Farm to School

See the website for all the contest information.

Questions: Contact Heidi Wright at:
401-874-9412 or Heidi_wright@uri.edu

Be Prepared for fun!

- Dress in comfortable clothes and sneakers for being active
- BRING:
- A Lunch
- A Favorite Recipe for starting a recipe book
- A yoga mat or bath towel
- All contest entry supplies (if you chose to enter)

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Register by April 8th at web.uri.edu/4h