

## Wee Wellness Virtual Program

Dear Parents and Guardians,

Thank you for signing up your child/children for the Wee Wellness Virtual Program put on by Livingston Food Resource Center in partnership with Montana PBS! Your application has been approved. Wee Wellness will start this Thursday, April 22 and last through Thursday, May 6.

We are excited to get underway with Wee Wellness! This is a 3 week virtual program that teaches social/emotional skills, along with child engagement in cooking (motor skills) health/safety tips and nutrition. The program is intended to build these skills through art activities and cooking simple, inexpensive, tasty, and healthy snacks. The recipes will allow you to interact with your child by creating homemade foods together. This experience may also get your child eager to prepare some household meals!

Each Thursday, we will post short videos [Wee Wellness: Livingston Food Resource Center & MontanaPBS](#) on our Facebook page and website, explaining the activities and recipes. The videos will correspond with items in the weekly ingredient and activity kit. Ingredients, paper copies of the recipes and worksheets will be distributed each Thursday during your designated pick-up time. The idea is that each week your child will first watch the video, then read the handouts, complete activities, and finally make the recipe in their own home.

**KIT PICK UP TIME** will be Thursdays April 22, April 29, and May 6 between 3-5pm. (If this will not work on a weekly basis, please email us ASAP and let us know.)

### Kit Pick Up Directions:

- Please pull to the back-parking lot of the Livingston Food Resource Center at 202 S 2nd St.
- Don't park or get out, but drive to our loading station.
- Let our volunteers know that you are there to pick up a kit for Wee Wellness.
- They will check you off the list and load your car up with the items needed for that week.
- Please let us know in advance if you are unable to pick up the ingredients and activity kit on a particular week. Also, do not hesitate to contact me if you have any questions or concerns.

**\*If your child attends Front Street, Montessori Island, Livingston Headstart, Washington School, Dino Day Care or Kindergarten LINKS, you will pick your kits up each week at dismissal instead at their school instead of at the Food Resource Center.**

Thank you for joining us each week. We are thrilled to be a part of your child's food and nutrition education!

Sincerely,

Kelsey Tanner & Deanna Mydland