

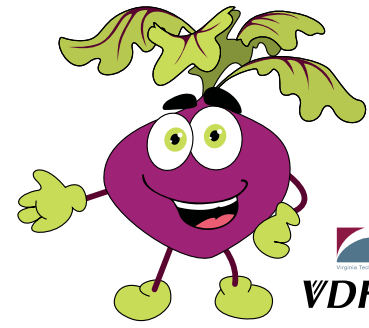
Free Kid's & Adult Summer Programs on Wednesdays & Saturdays!



Lynchburg Community Market

WE GOT THE BEET

BACK AGAIN THIS SUMMER! Join the Beet as we move, shake and EVEN BAKE our way to wellness. Enjoy cooking demonstrations for all ages, take home useful kitchen tools, and earn your starter kit packed with produce and recipes that will transform you into the chef that is sure to impress.



Tear and keep.

Tear and return bottom portion.

KID'S REGISTRATION

The We Got the Beet Kid's Programs are tailored for grades K-5. Please fill out a form for each child. Return forms to school office or Lynchburg Community Market by June 2, 2018. Contact the Market for Adult Registration.

CHILD'S NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE _____ SCHOOL _____

WHAT BEST DESCRIBES YOUR CHILD'S RACE/ETHNICITY? [Check all that apply]

- American Indian, Alaskan Native
- Black or African American
- Hispanic or Latino
- Asian or Pacific Islander
- White or Caucasian
- Other _____

THE ANNUAL INCOME FOR MY HOUSEHOLD IS

- Less than \$10,000
- \$10,000-\$19,000
- \$20,000-\$29,000
- \$30,000-\$39,000
- \$40,000-\$49,000
- \$50,000-\$59,000
- \$60,000-\$69,000
- \$70,000 or more

CHECK ALL PROGRAMS THAT YOU AND YOUR FAMILY PARTICIPATE IN

- SNAP Benefits (VA EBT Card)
- Head Start
- Food Banks/Pantries
- Free & Reduced Price School Meals
- WIC
- None of these

IS YOUR CHILD:

- Male
- Female

WHAT IS YOUR CHILD'S HEIGHT & WEIGHT?

_____ Feet _____ Inches
_____ Pounds

Guardian Name _____

Phone Number _____ Email _____

Guardian Signature _____ Date _____

Allergy Risk - We Got the Beet Programs may offer products with peanuts, tree nuts, soy, milk, eggs, and wheat. While we take steps to alert the public when using these products and minimize the risk of cross contamination, we cannot guarantee that any of our programs are safe for people with peanut, tree nut, soy, milk, egg, or wheat allergies.

Media Release - By signing this form, you authorize and give consent to the City of Lynchburg, Lynchburg Parks & Recreation, and Lynchburg Community Market to photograph, video, and/or make electronic sound recordings of you or your child for the purpose of educational and other public media.

Kid's & Adult Programs ★ 10AM-12PM

Two chances to attend each week!

WEDNESDAY

June 13
June 20
June 27
July 4 **CLOSED***
July 11
July 18
July 25
August 1
August 8

SATURDAY

June 16
June 23
June 30
July 7
July 14
July 21
July 28
August 4
August 11

ACTIVITY

Craft
Movement
Cooking
Craft
Movement
Cooking
Craft
Movement
Cooking

*August 15 - Make up lesson for adults from July 4.
Children BACK TO SCHOOL

Attend two out of three weeks to qualify for a free monthly Beet Box Chef Starter Kit during the cooking demonstration session. Camp Group hour runs between 11am-12pm weekly.

KICKOFF BASH

Saturday, June 9, 2018 ★ 10AM-12PM

GRADUATION CELEBRATION

Saturday, August 18, 2018 ★ 10AM-12PM

1219 Main Street, Lynchburg ★ (434) 455-4485
www.LynchburgCommunityMarket.com

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FOOD AND YOU

Have your child answer these questions when registering! You can read the questions to them, but please don't answer for them. This is not a test. These are questions about how your child interacts with their food. There are no wrong answers. Check the response that best describes how your child usually do things.

EACH DAY, I...

NEVER SOMETIMES OFTEN VERY OFTEN ALMOST ALWAYS

Eat 2 cups of fruit.

Eat 3 or more cups of vegetables.

Walk, play with my friends, play sports, or do another type of physical activity for at least 60 minutes.

How much of your plate should be filled with fruits & vegetables?

- A. None D. Three Quarters (3/4)
B. A Quarter (1/4) E. All
C. Half (1/2)

Circle Yes or No

YES / NO I think being active is fun.

YES / NO I like trying new foods.

YES / NO I ask my family to take me to the Lynchburg Community Market.

Which of these is the healthiest drink?

- A. Orange Juice C. Water
B. Milk D. Soda

Circle all good sources of protein.

(circle all that apply)

beans	eggs	peanut butter
bread	fish	potatoes
carrots	grapes	squash
chicken	nuts	strawberries

Why is it important to eat fiber?

- A. Helps build strong muscles C. Helps with your digestion
B. Helps you sleep at night D. Helps your eyesight

I have NEVER tried:

(circle all that apply)

apples	honey	sprouts
beets	melons	strawberries
berries	mint	zucchini
green beans	peppers	

Why are too many fats, sugars, and salts bad for your heart?