

# Join Pro Kinship for Kids

## “Plant the Seeds to a Healthier Lifestyle”!

**We will be around New Ulm this summer doing healthy eating and physical activity!!!**

**Join us at the following locations on the following dates and times:**

**May 13, 2017 11 am - 2 pm at New Ulm Mobile Village for Container Veggie Gardens and Games**



**June 10, 2017 11 am - 2 pm at Hillside/Linderhof Apartments for Fun Snacks with Fruits and Vegetables and Games**

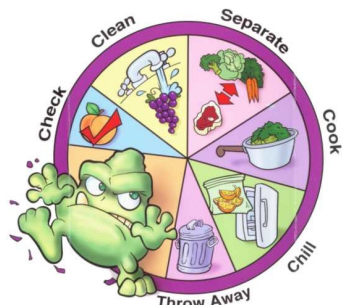
**July 8, 2017 11 am - 2 pm at Traulich Estates for Portion Sizes/Taste Tests and Games**



**August 12, 2017 11 am - 2 pm at New Ulm Mobile Village for Label Reading and Games**

Nutrition Facts			
Serving Size: 1 (1 bar, 31 grams)			
Amount Per Serving			
Calories 140	Calories from Fat 45		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 3g	13%		
Trans Fat 0g			
Cholesterol			
Sodium 80mg	3%		
Total Carbohydrate 22g	7%		
Dietary Fiber 1g	4%		
Sugars 13g			
Protein 2g	4%		
Calcium			
* Percent Daily Values are based on a diet of other people's misdeeds.			
Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
*Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

**September 9, 2017 11 am - 2 pm at Hillside/Linderhof Apartments for Food Safety/Food Preservation and Games**



**October 14, 2017 11 am - 2 pm at Traulich Estates for Food Science Experiment Day and Games**



**There will always be food, fun, time to interact, take aways, and games!**



**For more information contact:**  
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