



## **Summer Health Squad**

The Summer Health Squad is a virtual program that teaches 4-H'ers all about healthy living. This program will offer fun and engaging educational opportunities focused on a number of health-related topics like nutrition label literacy, food access and insecurity, mindfulness, and much more!

## **Excursion Dates & Times**

July 6<sup>th</sup> – 30<sup>th</sup>

## **Grades**

K – 6<sup>th</sup> grade

## **Materials Needed**

Pencil, pen, paper, & one small item of food (a light snack used in an activity)

## **Port of Departure (Where to Access)**

Zoom (A link will be provided once registered)

## **Cruise Directors (Presenters)**

Logan Leggett, AmeriCorps Summer Associate

## **Registration Information**

[Tinyurl.com/summerhealthsquad](https://tinyurl.com/summerhealthsquad)

Registration deadline: July 5<sup>th</sup>, 2020

## **General Topics/Program Areas Covered**

Agriculture & Healthy Living

