

# FOOD SMART FAMILIES

Providing kids and families the skills they need to eat healthier today and tomorrow.



To find out more,  
**CONTACT:**

**Christina Day**, MPH, *Healthy Living Director of Development*, National 4-H Council  
cday@fourhcouncil.edu • 301-961-2992 • [www.4-h.org/4hfoodsmartfamilies/](http://www.4-h.org/4hfoodsmartfamilies/)