



"The duty of a good Cuisinier is to transmit to the next generation everything he has learned and experienced." Fernand Point, 1941

Cooking Together, Cooking Forever is an initiative of the Pennsylvania PTA and Programs for Sustainable Change. Recognizing the alarming rise in childhood obesity, this program is designed to give you a simple, step-by-step method to teach your children a very important life skill—cooking delicious, nutritious meals.

Dear Parents,

As part of our effort to help every child reach his or her full potential and to provide valuable resources for families and communities, we are proud to offer you an exciting program that we are certain will bring a tremendous amount of value to you and your family—*Cooking Together, Cooking Forever*.

In today's world where ease-of-use and instant gratification have replaced the value of healthy, homemade meals, we are excited to offer you an easy way to bring back a time-honored tradition that will serve your children now and for the rest of their lives—the ability to cook with fresh ingredients to create delicious, nutritious meals. Won't you join us?

Regards,

Maureen Eagen

Dear Parents,

This year I have launched an exciting nutritional initiative at ICS! Each week I have been visiting different classrooms to bring students lessons about healthy eating for life. Children have learned about the [Choose My Plate](#) program and have been able to sample delicious fresh fruits and vegetables. Some children have even been surprised to learn that the milk they drink does come from real cows!

I am asking you to join me in supporting healthy eating habits for your child at home. A child who eats nutritious food will have more energy for achieving as much as he/she can in school. Developing healthy habits now is a gift you can give your child that will last a lifetime. Sign up for the *Cooking Together, Cooking Forever* program below, and follow the [ICS Family Engagement Blog](#) for extra tips along the way!

Cheers!

Neyza, Meal Program Coordinator

Cooking Together, Cooking Forever has two primary components:

- 1) Educational videos delivered over the internet with specific lessons
- 2) Enrichment materials with additional information and suggested practice activities delivered via email in between the release of each new video segment

Not only is this program free and easy, it was designed with today's busy lifestyle in mind. You participate with your children in your own home, and at your own convenience.

Thanks to PA PTA for giving our school this FREE program!



Sign up is very quick and painless! Simply go to :
www.programsfsc.org

Click on the user sign up button. Enter our school's group invitation code: [48C2WY](#), and your email address— and that's it! Your account will be created and everything will be emailed to you.

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Many thanks to ConAgra Foods Foundation and Giant Eagle for their generous support! Our goal is to educate students about good eating and good nutrition, helping them to feel GOOD about themselves by acquiring a valuable skill that will promote independence and self-reliance.