

Sprouts Mission Statement:

Planting the seeds for healthy habits that will last a lifetime.

- Children are making healthier choices through increasing fruit and vegetable intake
- We teach the connection of fresh food and good health
- We teach preparation of healthier meals
- We reinforce positive perceptions of healthy foods

We found 100% of parents would have their children attend Sprouts again.

“Featuring different vegetables each week allowed the children to learn and experience food in many different ways including using their senses, fun in the garden and ultimately cooking with the vegetable.”

Teri Wermager
Coordinator of Community Education
Austin Public Schools

“Sprouts was a great added feature to our Summer Daze child care program. The kids learned a lot about healthy eating and they found they liked more fruits and vegetables than they ever thought. Thank you, Jen and Jackie!!”

Ruth Chamberlain
Coordinator of Summer Daze Program at Austin YMCA



Jen Haugen,
RD, LD

At Austin Hy-Vee, Jen works passionately promoting nutrition education through media work and kids' garden and cooking programs. Jen created the Sprouts – Get Out and Grow Program in 2011 after a career dream to educate families and children on the connection of fresh food to good health. It is now being implemented at other Hy-Vee stores across the Midwest due to its success.

Get involved with Sprouts - Get Out & Grow:

Contact Jen at 507.437.7625

jhaugen@hy-vee.com | www.hy-vee.com
BLOG: <http://jenhaugenrd.wordpress.com>

“Like” JenHaugenRD on www.facebook.com
for pictures and updates on the
Sprouts Program throughout the summer.



1001 18th Ave NW | Austin, MN 55912

HyVee.
sprouts
get out and grow

Children's Garden and Cooking
Program at Austin Hy-Vee

2013 Registration Guide



2013 Registration Form

Please fill one out for each child. PLEASE PRINT

Child's Name _____

Age _____ Gender M F

Address _____

City/State/Zip _____

Parent/Guardian Name _____

Easily Reachable Phone Number _____

Email Address _____

Food Allergies? _____

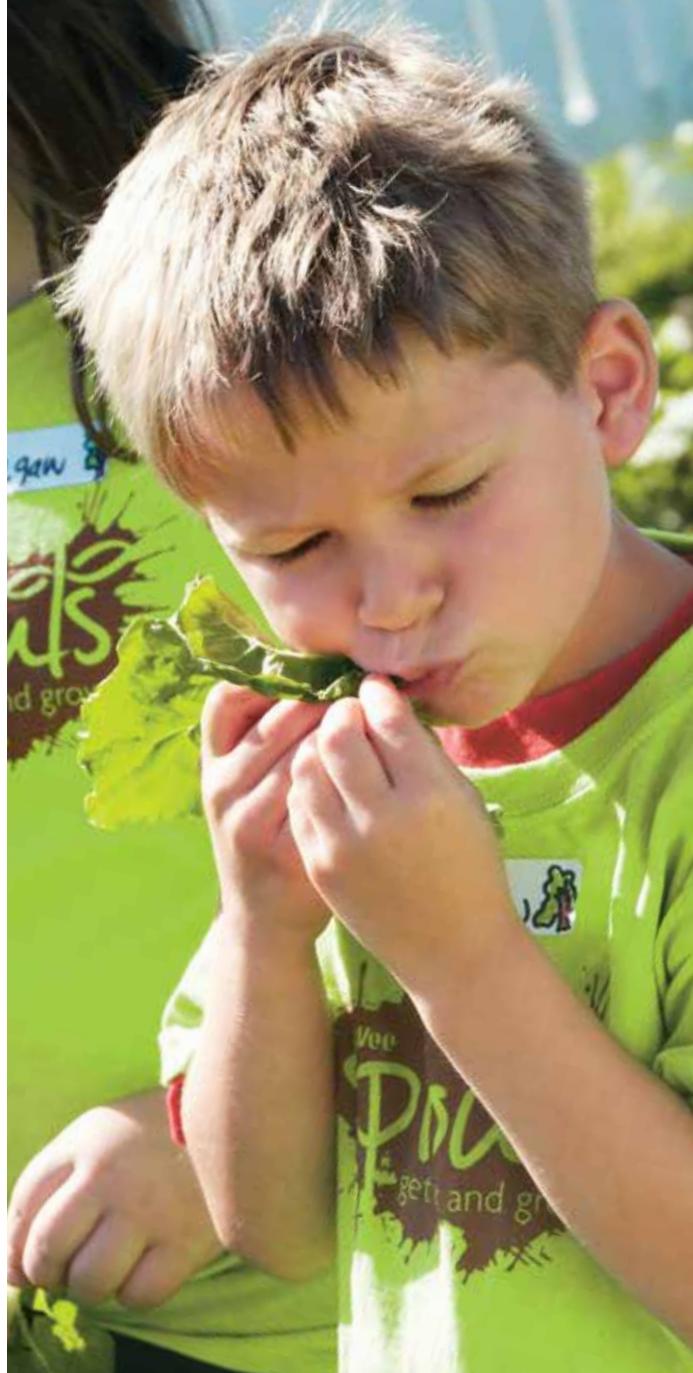
To attend Sprouts, your child will be enrolled based on the program he/she is attending. Please check the appropriate program your child will be attending:

Kids' Korner (Austin Public Schools) Austin YMCA

Other (please state) _____

I acknowledge and assume all risks associated with the Event, including, without limitation, cuts, burns, food poisoning, slipping and falling, any other personal injury, and equipment and facility conditions. I have read and fully understand this waiver and in consideration of the acceptance of my entry, for myself and anyone legally acting on my behalf, I waive and release Hy-Vee, Inc. and its subsidiaries and affiliates, and their respective officers, directors, shareholders, members, managers, employees and agents, and their respective successors and assigns, from any and all claims, liabilities or causes of action, including without limitation, death, bodily injury, property damage, or any other loss, damage or inconvenience whatsoever, arising from my participation in the Event. Further, I grant full permission to use my name, photograph, likeness, biography, voice and/or video for advertising and promotional purposes, including, but not limited to, online and on-air announcements, weekly circular ads, signage, posters, television, magazine articles, websites, social media sites (including, but not limited to, Facebook and Twitter), and any other publication(s) at Hy-Vee's sole discretion, worldwide and without limitation, and without additional compensation or consideration, except where prohibited by law.

Parent/Guardian Signature: _____



Sprouts Programs

**Kindergarten
through 2nd grade**

60-minute weekly sessions

**3rd through
5th grade**

90-minute weekly sessions

Sessions include:

- Organic gardening with a focus on cancer-fighting fruits and vegetables
- Making healthy choices fun through cooking and educational activities kids will enjoy
- Teaching children to enjoy and explore food that protects their health
- Fostering family connections with garden-fresh produce sent home each week with a recipe and the goal of cooking a healthy recipe in the kitchen together

Each week, families will receive an email with the Sprouts Recipe of the Week along with information on that day's program. Recipes are also posted to the blog and on Facebook. Our 10-week summer session runs from June to August.

All classes are taught by Jen Haugen, Registered Dietitian at Austin Hy-Vee. Your nutrition expert and gardening dietitian!

We also have the ability to provide:

- Field trips
- Family classes
- Community Education classes

Proud to Partner with The Hormel Institute

The Hormel Institute is a world-renowned cancer research center. Every other week, representatives from The Institute provide interactive learning opportunities in the garden to further the connection of fresh food to good health. During one week of the Sprouts Program, all kids will attend a tour at The Hormel Institute.