

Kids Too! Keiki Program



* * = family workshops (kids and adults together!)

DATE	TOPIC	PLACE	TIME
Sat., March 3	* * Walk Your Way to Wellness (last day to sign up for Kids Too)	Vidinha Stadium	8:00 - 9:00 a.m.
Wed., March 7	Deciding to Live Healthy	Lihue Neighborhood Center	5:30 - 6:30 p.m.
Wed., March 14	Kids in the Kitchen	Lihue Neighborhood Center	5:30 - 6:30 p.m.
Wed., March 21	Get it Moooo-ving	Lihue Neighborhood Center	5:30 - 6:30 p.m.
Sat., March 31	* * Cultural Sports Day	Park across from Kapaa Armory	2:00 - 5:00 p.m.
Wed., April 4	Read a Label; Choose a Snack	Lihue Neighborhood Center	5:30 - 6:30 p.m.
Sat., April 14	* * Container Gardens..... Grow Your Own	Garden Fair; Kauai Community College	Choose one class: 10 a.m.; 11 a.m.; 1 p.m.; 2 p.m.
Wed., April 18	Fast, Easy, Smart Food	Lihue Neighborhood Center	5:30 - 6:30 p.m.
Wed., April 25	Eat a Rainbow	Lihue Neighborhood Center	5:30 - 6:30 p.m.
Wed., May 2	Project Plate	Lihue Neighborhood Center	5:30 - 6:30 p.m.
Wed., May 9	* * Cash in Education Bucks	Lihue Neighborhood Center	5:30 - 6:30 p.m.
Sat., May 12	* * Kauai Great Weigh Out Finale & Kids Too Party	War Memorial Convention Hall	TBA

CLASS DESCRIPTION:

* * Walk Your Way to Wellness:	Family Class - learn how walking can keep you healthy
Deciding To Live Healthy:	Get a free health screening, design your own Kids Too t-shirt and make a cold treat
Kids In The Kitchen:	Learn some basic kitchen safety, food safety and do some easy cooking
Get it Mooooo-ving:	Learn some fun ways to get your body moving
* * Cultural Sports Day:	Family Class - enjoy games with other kids
Read a Label; Choose a Snack:	Learn to read food labels in search for healthier snacks
* * Container Gardens:	Family Class - learn to garden in containers
Fast, Easy, Smart Food:	Find the fat and sugar in fast foods; learn to find the healthier choices
Eat a Rainbow:	Learn how to choose fruits and vegetables by color
Project Plate:	Learn how much food should go on your plate
* * Cash in Education Bucks:	Family Class - cash in your Education Bucks for some healthy snacks
KGWO Finale & Kids Too Party!	Turn in Your Log Book and Kids Too Survey to collect your prize!

***Kids will earn Education Bucks for each session they attend
and will be able to redeem them for healthy snack prizes during the last Kids Too class.***