

Welcome

to the second annual edition of "Eat Smart. Play Hard. Together." In its sixth year, this collaborative effort of the North Dakota State University Extension Service and Bison Athletics is a statewide educational program that makes use of role models. Our Web site (www.ndsu.edu/eatsmart) features a video; Facebook presence; and links for parents, children, singles/couples and educators. We also host a 4-H club recognition program, poster contests, public service announcements featuring athletes, classroom lessons with information for kids and newsletters for parents.

We thank our colleagues from North Dakota State University for sharing their expertise in this magazine. We thank our sponsors for their help in bringing these educational messages to thousands of children and families throughout North Dakota. We thank you, our readers, for picking up a copy. We hope you enjoy it and learn something new.

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