

# FREE...Food Tasting...Cooking Demonstrations Meal Planning Ideas and more...



Palo Alto County Hospital is excited to offer a free program for families interested in incorporating healthier habits into their family's daily routine. This program is funded by a grant from the Health Services Resources Administration.

The first step of the grant is to ask parents of school-aged children to participate in a **very short** survey of ten yes-and-no questions. Would you please take a minute to help us by clicking on the link below and taking the survey **even if you are not interested in the upcoming program?** Your answers will be kept confidential and we will only contact you if you choose that option (question 9) on the survey.

Please click on the link below:

[http://www.surveymonkey.com/s.aspx?sm=SDBnkZtKmTKsbsATo2f\\_2fEw\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=SDBnkZtKmTKsbsATo2f_2fEw_3d_3d)

In January we will send out more information about this new program for healthy families.

Thank you,

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