

 **Healthy Be Active** – Interactive sessions on eating healthy on a budget, quick meals and snacks, making healthy eating part of your lifestyle, physical activity and maintaining a healthy weight.

Series Details: 6 sessions

Audience: High school youth and adults who are eligible to receive SNAP benefits

Eating Right is Basic—Interactive, hands on lessons that cover basic nutrition concepts: MyPlate, fruits/vegetables, whole grains, lean protein, low fat dairy, physical activity, meal planning and food safety.

Series Details: 6 sessions

Audience: Adults with special needs who are eligible to receive SNAP benefits

Eat Smart Live Strong - Designed to improve fruit and vegetable consumption and physical activity. Every lesson engages the participant in physical activity that can easily be done in the home, after the session ends.

Series Details: 6 sessions

Audience: Older adults (60+) who are eligible to receive SNAP benefits

Cooking Matters for Adults –Interactive, hands on lessons that encourage individuals to make changes in their eating, cooking and food shopping habits.

Series Details: 6 sessions

Audience: Adults who are eligible to receive SNAP benefits

Cooking Matters for Teens – Teaches teens how to cook and make healthy eating choices.

 Series Details: 6 sessions

Audience: Teens who are from households eligible to receive SNAP benefits

Cooking Matters for Childcare Professionals – Improve the skills of child care providers to plan and provide healthy, tasty and low cost meals for children in their care. Also learn how to work with children in and out of the kitchen to support the development of lifelong healthy eating habits.

Series Details: 6 sessions

Audience: Childcare professionals who are eligible to receive SNAP benefits

Show Me Nutrition - Educates youth with age appropriate content on nutrition, food safety, and physical activity. Participants will engage in activities to learn how to have a healthy lifestyle.

Series Details: 6 sessions

Audience: preschool – middle school students that attend a school that has >50% free and reduced lunch

Cooking Matters at the Store - interactive, in-store shopping tour that teaches individuals and families four key food shopping skills: buying fruits and vegetables on a limited budget, identifying whole grains, comparing unit prices and reading food labels.

Details: 1 session

Audience: Adults who are eligible to receive SNAP benefits

Presentations – A variety of nutrition topics available.

 Series Details: 1-3 sessions

Audience: preschool – older adults that are eligible to receive SNAP benefits

*****All classes available in English or Spanish**