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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the State Information/ Hotline Numbers (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

USDA is an equal opportunity provider and employer.

AA 8/14

Contact us:

New Castle County
Leah Brown MS, RDN, LDN
Community Nutritionist
14 Garfield Way, Newark, DE 19713
(302) 292-1305 Ext. 250 lbrown@fbd.org

Alyssa Atanacio, RD
Community Nutrition Educator
14 Garfield Way, Newark, DE 19713
(302) 292-1305 Ext. 210 aatanacio@fbd.org

Kent and Sussex Counties
Asia Thurston
Community Nutrition Educator
1040 Mattlind Way, Milford, DE 19963
(302) 393-2013 athurston@fbd.org

To schedule a class:

1. **Determine eligibility.** Children attending a class must be low income (qualify for free or reduced lunch at school or have parents who are eligible for SNAP).
2. **Complete Memorandum of Agreement.**
3. **Complete waiver.** At least 50% of the children attending the class must be low income. (qualify for free or reduced lunch at school or have parents who are eligible for SNAP).
4. **Call Community Nutritionist in your area to schedule a class.** Contact information is listed on the back of the brochure

Child Nutrition Education Programs

Offered by

Supplement Nutrition Assistance Program

SNAP
USDA Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

Food Bank OF DELAWARE

14 Garfield Way Newark, DE
1040 Mattlind Way, Milford, DE
www.fbd.org

SNAP Child Nutrition Education Classes

Overview

The Supplemental Nutrition Assistance Education Program (SNAP– Ed) teaches adults and kids about healthy eating. The following is a list of education programs designed for school age children. Some classes are also available for pre-school children.

MyPlate Bingo

(6-12 year olds)

Bingo is used to create an interactive lesson where children learn about foods in the five MyPlate food groups, how much they need from each group, and the importance of physical activity.

Snack Art

(6-12 year olds)

Children learn how to use foods from the MyPlate groups to create edible "snack art." By creating animal faces and other objects out of food, they will discover a fun and appealing way to eat more fruits, vegetables, and whole grains.

Be Food Safe

(8-12 year olds)

Be Food Safe will teach the four basic food safety steps: Clean, Separate, Cook, and Chill by using age-appropriate activities.

ReThink Your Drink

(8-12 year olds)

Children will learn how to identify beverages high in sugar, and will be able to find the amount of sugar in these items on the food labels. They will measure out the amount of sugar in common foods and beverages in a class activity.

Fabulous Fruits & Versatile Vegetables

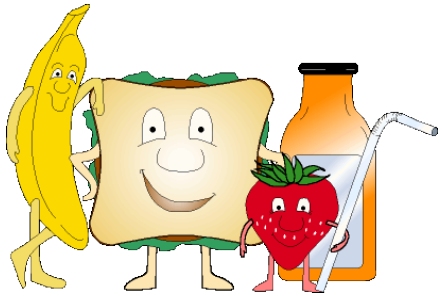
(8-12 year olds)

Fruits and vegetables are emphasized using the USDA MyPlate and Dietary Guidelines. This learning module explaining the benefits of these delicious and colorful foods and engages children in a fun, fruit smoothie making activity.

Fruit and Vegetable Bingo

(6-12 year olds)

Bingo is used to teach children about the many different fruits and vegetables that are available. Samples of fruits and vegetables will be available for them to try.



Kickin' It With Calcium

(3-One Hour Sessions)

(8-12 year olds-limit 15 students)

Interactive nutrition education activities coupled with a physical activity demonstration will encourage children to increase their consumption of calcium-rich foods and exercise daily. A calcium-rich snack will be provided at each session.

Kid CHEF (Cooking, Healthy, Easy Food)

(5-One Hour Sessions)

(8-12 year olds-limit 10 students

Kid CHEF teaches cooking skills and provides information on how to prepare healthy, easy recipes. For information, contact the SNAP-Ed department for a brochure describing this program.

LANA

(Learning About Nutrition through Activities)

(1/2 hour Session)

(preschoolers)

The goal of the LANA Preschool Program is to help young children learn to taste, eat and enjoy more fruits and vegetables each day for good health.