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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.

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AA 8/14

Contact us:

New Castle County

Leah Brown MS, RDN, LDN

Community Nutritionist

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(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.** Participants attending a class must be low income. (eligible for SNAP benefits.)
2. **Complete Memorandum of Agreement.**
3. **Complete waiver.** At least 50% of the participants attending the class must be low income. (eligible for SNAP benefits.)
4. **Call Community Nutritionist in your area to schedule a class.** Contact information is listed on the back of the brochure.

Eat Smart,

Live Strong

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 Eat Smart, Live Strong

Overview:

Targeting older adults over 60 years of age, this four session program highlights two key behaviors that will improve their health and quality of life; increasing physical activity and fruit & vegetable consumption. Activities in each session include setting and tracking personal goals, games, and recipe tasting! Participants will receive give-a-ways every week, and fresh produce from the Food Bank of Delaware when available.

Session 1: Reach Your Goals, Step by Step

Participants will learn the benefits of eating fruits and vegetables and engaging in light physical activity. Food models are used to demonstrate servings sizes of fruits and vegetables. Individuals will receive weekly logs and set goals to work on as they move through the program.

Session 2: Challenges and Solutions

Building off of session one, participants share their success and challenges they experienced over the last week. As a group, seniors discuss solutions to those challenges in a fun card game activity! Participants will learn more exercises to engage in at home. The benefits of the two new behaviors are reinforced and participants are encouraged to set new personal goals for week two.

Session 3: Colorful and Classic Favorites

Session three focuses on ways to add fruits and vegetables to meals. Seniors play the "*Make a Classic Better*" card game to get new ideas for meals at home. Participants are asked to bring in their favorite fruit and vegetable recipe to take part in the recipe trade with other class members. Keeping with the program, seniors will set their goals for week three and take part in group exercises.

Session 4: Eat Smart, Spend Less

In the fourth and final session, class members will learn tips on how to save money on fruits and vegetables in the grocery store. Fruit and vegetable bingo is played for a fun way to review! The program wraps up with group exercises, taste test and recipe book give away! Participants are encouraged to keep track of their fruit and vegetable consumption and amount of physical activity after the program!