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Office of the Assistant Secretary for Civil Rights
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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Contact us:

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Kent and Sussex Counties **Asia Thurston**

Community Nutrition Educator

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To schedule a class:

1. **Determine eligibility.** Participants attending a class must be from low income families (eligible for SNAP benefits).
2. **Call or email a Community Nutritionist/Nutrition Educator in your area to schedule a class.**
3. **Complete waiver.** 50% or more of the participants attending the class must be low income.
4. **Complete Memorandum of Agreement.**
5. **Fax or email all paperwork including Permission Slips prior to the start of the class.**



Child Nutrition

Education Programs

Offered by

Supplement Nutrition

Assistance Program



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.

Please note class time may span 1-2 hours when food is involved

One Session Programs —1 Hour

MyPlate (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.

ReThink Your Drink

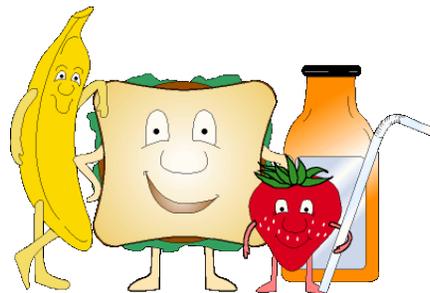
(8-12 year olds)

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.



Multi-Session Programs

Kickin' It With Calcium —1 Hour

(3 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 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

(preschoolers 3-5years old)

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



BWE (Be Wise, Exercise!) —1 Hour

(5 Sessions)

(12-15 years old)

Each of the five interactive sessions highlight the importance of physical activity, daily recommendations of exercise for their age group, and a nutritious snack based on USDA's MyPlate. Adolescents will also do variety of activities to incorporate physical activity.



Cooking Matters for Teens —

1.5 to 2 Hour

(6 Sessions)

(13-18 year olds - limit 8 to 15 students)

Cooking Matters for Teens is brought to you by Share Our Strength through a partnership with the South Jersey Food Bank. Participants will take part in six hands on cooking and nutrition lessons. All six sessions must have at least 8 students in attendance to take place.

