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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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Community Nutrition Educator

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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 low income (eligible for SNAP benefits).
- 2. Complete Memorandum of Agreement.**
- 3. Complete waiver.** 50% or more of the participants attending the class must be low income.
- 4. Call Community Nutritionist/ Nutrition Educator in your area to schedule a class.**



**Adult Multi-Session
Nutrition Education
Programs**



14 Garfield Way, Newark, DE
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www.fbd.org



SNAP Adult Multi-Session Nutrition Education Classes

Overview

Supplemental Nutrition Assistance Program (SNAP) formerly known as the Food Stamp Program, provides free education programs to those who qualify. These programs are offered through the SNAP-Education (SNAP-ED) grant.

The focus of SNAP-ED is: Health Promotion to help SNAP recipients establish healthy eating habits and a physically active lifestyle; and, primary prevention of diseases. The following is a list of programs that target adults and seniors.

Multiple Session Programs — 1 Hour/Session

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

Smart Choices (3 Sessions)

Focuses on healthy food choices, planning meals on a limited budget and learning new cooking and food safety skills during an interactive cooking demonstration. Upon completion participants receive a bag filled with incentives to get them started at home.



My Plate for My Family (5 Sessions)

USDA SNAP Nutrition Education program offers families with children 2 to 18 years old tips and information to help them prepare simple and healthy meals, stretch their food dollars, and be more physically active. Participants will practice menu



planning; participate in taste testing, recipe preparation, and active physical activity.

Eat Smart, Live Strong (4 Sessions + Cooking Demo)

Targeting older adults (60yo+) this interactive program includes four sessions that focus on increasing physical activity and fruit & vegetable consumption. Participants will engage in light physical activity and taste a recipe that incorporates fruits and or vegetables. The fifth session is an optional cooking demo; recommended for CSFP sites participating with the Food Bank of Delaware.

