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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

**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](mailto:lbrown@fbd.org)

**Amanda Good, MS, RD**

Community Nutrition Educator

14 Garfield Way, Newark, DE 19713  
(302) 292-1305 Ext. 210  
[agood@fbd.org](mailto:agood@fbd.org)

**Kent and Sussex Counties**  
**Asia Thurston**

Community Nutrition Educator

1040 Mattlind Way, Milford, DE 19963  
(302) 393-2013 [athurston@fbd.org](mailto: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.** 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 One Session  
Nutrition Education  
Programs**

14 Garfield Way, Newark, DE  
1040 Mattlind Way, Milford, DE  
[www.fbd.org](http://www.fbd.org)

# SNAP Adult 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.

### One Session Programs—1 Hour

#### Choose MyPlate

Teaches participants about the different food groups in the USDA Choose MyPlate guidelines. Participants will become familiar with serving sizes and dietary needs.



#### Spending Less, Eating Better

Using 12 savvy shopping tips, participants will learn how to plan and shop for healthy meals on a budget.



**Rethink Your Drink** Participants will learn how to identify



beverages high in sugar and will measure out the amount of sugar in common beverages.

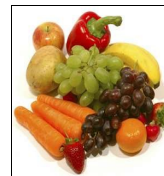
#### Be Food Safe



Be Food Safe teaches the four basic food safety steps: Clean, Separate, Cook, Chill. Participants will learn how to use a thermometer and have a chance to win one

#### Fabulous Fruits Versatile Vegetables

Fruits and vegetables are emphasized using the USDA MyPlate and Dietary Guidelines.



#### Understanding the Food Label

This program teaches participants how to read and understand a food label and how to use labels in shopping, meal planning, and cooking.



**Wholesome Whole Grains** Participants will learn the benefits of whole grains, how to identify them using the ingredient list on packages and sample delicious recipes



containing whole grains.

#### Portion Control

Perceptions, attitudes, and beliefs about nutrition have shifted due to various social trends and marketing. Participants will learn how to take control of their portions in today's super-sized world.



### **\*\*Special Notes\*\***

- **A Tasting or a Cooking Demo & Tasting can be added to : Fabulous Fruits Versatile Vegetables Wholesome Whole Grains**

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

- **Schedule a Series of Classes!!**

**Three to Four Single Session Classes can be combined to form a series!!**