



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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

**Amanda Good MS, RD**

Community Nutrition Educator

14 Garfield Way, Newark, DE 19713  
(302) 292-1305 Ext. 210 agood@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 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.**



**PRESCHOOL PROGRAM™**  
Learning About Nutrition through Activities



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



# LANA (Learning About Nutrition through Activity)

## Overview:

LANA Preschool Program is a fun, effective, and hands-on approach to nutrition education. Kids play and learn at the same time, building the critical skills for making healthy eating choices by:

- Increasing opportunities for children to taste and eat fruits and vegetables
- Providing opportunities for hands-on experiences with fruits and vegetables
- Through Storytelling, Lana creates a supportive environment for eating fruits and vegetables
- Providing children with role models who eat fruits and vegetables

Each class is only 30 minutes in length. There are 4 classes to choose from, each has 2 components. If food is required for the class, all materials will be provided.

## Please Choose 2 Themes when Scheduling.



## Vegetarian Animals

### **Class 1: Lana & Willie Eat Lunch**

Lana will read her story about her lunch outing with Willie. The children are then encouraged to participate in a fun activity where children will match the animal to their favorite food.

### **Class 2: Broccoli Forest**



Children will taste Broccoli with Lana. After they will get to create their own broccoli forest.

## Our Senses Teach Us

### **Class 1: Lana Plays a Trick on Tenzin**

Lana will read her story about her time with Tenzin. After, the children will play a fun activity where they have to pin the apricots on the tree.

### **Class 2: Fruity Bugs**



Children will taste Apricots and then will be able to make some Fruity Bugs.

## Inside/Outside

### **Class 1: In/Out with Lana & Carlos**

Lana will read her story about her experiences with Carlos. The children are then encouraged to match the fruits or vegetable with the images of the tree, plant, or vine.

### **Class 2: Sweet Pepper Kabobs**



Children will taste Sweet Peppers with Lana. Afterwards, the children will make sweet pepper kabobs.

## From Seed to Harvest

### **Class 1: Lana & Alisha Plant a Picnic**

Lana will read her story about her experience with gardening and the picnic with Alisha. The children will then be encouraged to play a game about planting a garden.

### **Class 2: Mouse Tails**



Children will taste strawberries and then will make Mouse Tails.