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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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Amanda Good MS, RD

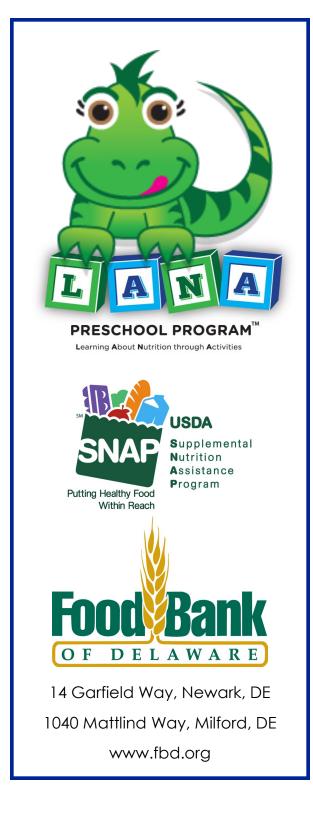
Community Nutrition Educator 14 Garfield Way, Newark, DE 19713 (302) 292-1305 Ext. 210 agood@fbd.org

Kent and Sussex Counties Asia Thurston

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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).
- 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.
- Fax or email all paperwork <u>including</u> <u>Permission Slips</u> prior to the start of the class.





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.

<u>Please Choose 2 Themes when</u> 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.

<u>From Seed to Harvest</u>

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.