

## Smart Choices Incentives

Each participant in the Smart Choices program will receive:

- ◆ Reusable Grocery Bag
- ◆ Apron
- ◆ Pot Holder
- ◆ 4 Cooking Utensils
- ◆ Recipe Book
- ◆ Food Thermometer
- ◆ Shopping List

Produce provided by the Food Bank of Delaware will be distributed at the sessions when available.

All educational activities and materials have been developed using the 2010 Dietary guidelines and USDA's MyPlate.

\*2015 Dietary Guideline updates coming soon

### Contact us:

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- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

## Smart Choices



## Program Objectives

The goal of the USDA's Food and Nutrition Service is to provide children and needy families better access to food and a more healthful diet through its food assistance programs and comprehensive nutrition education efforts.

The Smart Choices Program presented by the Food Bank of Delaware's SNAP Education team, addresses this goal. Smart Choices is a series of three, one hour classes that focuses on healthy food choices, planning meals on a limited budget and learning new cooking and food safety skills during an interactive cooking demonstration.



## Program Format

**Session one** begins with an overview of making healthy food choices using USDA's MyPlate and



10 Tips sheets. Participants will learn how to choose a variety of food in the recommended portion sizes for their families.

**Session two** focuses on how to create a simple budget, plan a meal, and make a shopping list.



Participants will go on a virtual shopping tour and learn money saving tips, to use in the grocery store.

**Session three** includes an interactive cooking demonstration that introduces basic food safety and cooking skills. Participants receive a bag filled with incentives to get them started at home.



## Target Audience

This program provides hunger relief and nutritional education to low-income women who receive, or are eligible to receive monthly SNAP (food stamp) benefits. Each class will be kept to a maximum of 10 participants.

All classes presented by the SNAP Education team at the Food Bank of Delaware are funded through the USDA SNAP Education program and are free to those who qualify.

