

CHOICES Nutrition Education Program

All classes are FREE and available in English & Spanish



CHOICES
A NUTRITION EDUCATION PROGRAM

Basic Nutrition A four-week series (one class per week) to teach your clients basic nutrition based on the MyPlate. They'll learn about the health benefits of each food group, healthy choices among the food groups, and how to classify foods into appropriate food groups.

Nutrition & Health A four-week series (one class per week) on how to reduce the risk or delay the onset of diabetes, high cholesterol, high blood pressure and obesity.

Planning Healthy, Thrifty Meals A four-week series (one class per week) to teach your clients basic nutrition guidelines based on MyPlate, how to create a budget, how to shop wisely using food labels and unit price, and how to plan healthy meals on a limited budget.

Cooking for Your Life A four- to six-week series (one hands-on class per week) that trains your clients how to cook healthy foods, how to modify recipes, and about basic kitchen safety. They'll learn how to cook using whole grains, soy, fruits and vegetables and vegetarian entrées.

Cooking Demonstrations Have cooking demonstrations at your food pantry. Clients will learn healthy ways to prepare fresh produce and other foods they receive at your food pantry. They'll sample recipes, be able to ask questions of nutritionists, and receive recipes and materials on basic nutrition and food safety.

Eat Smart, Live Strong A four-week series (one class per week) for clients aged 60+ on the benefits of eating fruits and vegetables daily and being physically active daily. They'll learn different ways to be physically active and ways to save money on fruits and vegetables.

Power of Choice A four to ten-week series (one class per week) that teaches children basic nutrition, how to make healthy eating and fitness choices, and how to make healthy snacks.

Kids in the Kitchen A seven- to eight-week series (one hands-on class per week) that teaches children and youth basic nutrition based on MyPlate. This series teaches children and youth how to prepare simple, healthy dishes and snack foods for themselves and for their families. Other topics covered include basic cooking skills and food safety.

To sign up for classes, or for more information, call Angela Henry, nutrition education manager, at (512) 684-2502 or email choices@austinfoodbank.org.

This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program Nutrition Education. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you to buy nutritious foods for a better diet. To find out more, contact 2-1-1, option 2.