



NUTRITION AND GARDEN EDUCATION



**CENTRAL
TEXAS
FOOD
BANK**

MEMBER OF
**FEEDING
AMERICA**

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This institution is an equal opportunity provider.

The Central Texas Food Bank offers a variety of free wellness classes anchored in nutrition, cooking, and gardening. Our team of registered dietitians, degreed nutritionists, and garden experts educates parents of young children, youth, adults, and older adults using evidence-based curricula. Our program provides classes tailored to various groups across our service territory.

WHO WE PARTNER WITH

Our programming is designed for sites that serve the following target audience

- SNAP participants
- Low-income individuals eligible to receive SNAP benefits or other means-tested Federal assistance programs
- Individuals residing in communities with a significant low-income population
- Partner examples: our Partner Agencies, social service agencies, health clinics addressing food insecurity in our community, non-profit organizations, and title 1 schools that serve most children on free or reduced meal plans



WHAT OUR CLASSES LOOK LIKE

- We offer our classes in English and Spanish
- Our educators arrive at your site 30 minutes before class to set up and bring everything they need for a successful demonstration. It helps if there is electricity, a table, and a sink, but it is not required
- We require a staff member to be present during our class and enroll at least 10 participants.
- Most of our classes include various hands-on activities that reinforce the education and include recipe tasting, class activities, and incentives for the participants.
- Our classes are available in-person or virtually
- For qualifying sites, food boxes and/or organic garden produce may be distributed to class participants based on availability

HOW DO I SCHEDULE

Please fill out our [interest form](#) or scan the QR Code, and our team will contact you with more information. For questions or more information about our program email CHOICES@centraltexasfoodbank.org or call 512.684.2504



ADULT CLASSES



Nutrition Classes: One-Time Cooking Demonstration, Eating Smart Being Active, Seniors Eating Well and Cooking Matters Store Tours



FOOD SMARTS

Food Smarts is a flexible, learner-centered cooking and nutrition curriculum. This curriculum is aligned with trauma-informed principles and is offered as a 30-90 minute session for four to six weeks. Students will learn how to eat a balanced variety of foods, opt for whole foods, move their body in enjoyable ways and nourish themselves with compassion.



EAT RIGHT WHEN MONEY'S TIGHT

Eat Right When Money's Tight is a curriculum designed for adults as a one-time 60 minute session. During the session we will equip participants with practical strategies for maximizing their SNAP dollars while grocery shopping. Attendees will emerge with heightened confidence in their ability to make economical decisions by meal planning and selecting nutritious yet affordable options.



MYPLATE 10 TIPS COOKING DEMO

Adults of all ages will enjoy a nutritious, delicious recipe featuring food groups from MyPlate while promoting a healthy lifestyle. Our educators can customize the cooking demonstrations to your clients' needs or interests. *This class is designed for a one-time 60-minute session and is an excellent choice for new partners.*



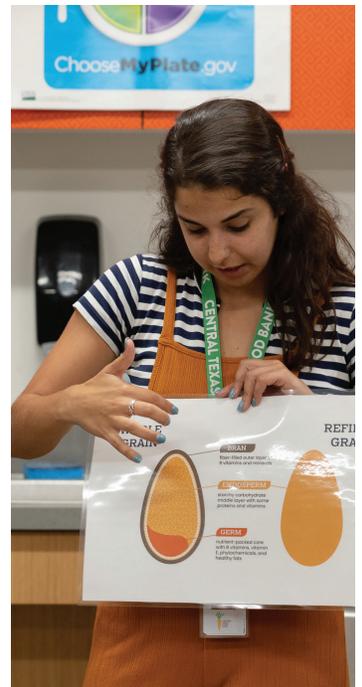
EATING SMART BEING ACTIVE (ESBA)

This curriculum was designed for adults and families with young children. Lesson topics include: MyPlate food groups, physical activity, tips for cooking skills, food safety, and food resource management. Each lesson has food sampling, a small incentive, and physical activity. *This series is designed for one 90-minute class per week and is ideally scheduled for nine weeks.*



SENIORS EATING WELL (SEW)

This series engages middle-aged and older adults in meal planning, food preparation, fitness, diet, health, and chronic disease prevention. Each lesson includes a food sampling, a small incentive, and some sessions involve physical activity. *This series is designed for one 60-minute class per week and is scheduled ideally for nine weeks.*



YOUTH CLASSES

 **Nutrition Classes:** Integrated Nutrition Education Program and Kids in the Kitchen (KITK)

 **Garden Classes:** Got Veggies?

GOT VEGGIES?

Got Veggies? is a curriculum focused on helping elementary school-aged children understand the connections between soil, plants, food and health. We offer this curriculum as a single-session field trip to the CTFB Garden during the summer.

FOOD SMARTS

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INTEGRATED NUTRITION EDUCATION PROGRAM (INEP)

INEP is a creative and fun way for kids to learn about healthy eating in their classroom or an afterschool program from kindergarten to fifth grade. We create a positive influence on healthy eating habits and empower the students to take what they learn in school back home to their families. *This series is designed for one 60-minute class per week and is ideally scheduled for nine weeks or can be scheduled as a one-time special event.*



KIDS IN THE KITCHEN (KITK)

This is a hands-on class for young aspiring chefs who want to get involved in the kitchen. Youth ages 6-15 learn to prepare simple, healthy foods they can make for themselves and their family members. Lessons include basic nutrition, how to cook healthy foods using kitchen equipment, and food safety. *Depending on the age group and location, the series could be a 60-90 minute weekly class ideally scheduled for 6-7 weeks.*

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