

HEALTH AND WELLNESS PROGRAMS

PROGRAM	DESCRIPTION	NUMBER OF CLASSES PER COURSE	MAXIMUM NUMBER OF PARTICIPANTS
Cooking Matters® for Families	Share Our Strength's Cooking Matters® program is a series of six nutrition education classes for parents and children. Participants learn about the USDA's MyPlate dietary guidelines and how to use them for healthy eating through interactive activities and hands-on cooking. Participants prepare food in class and are given ingredients to replicate recipe at home.	6	15 FAMILIES
Cooking Matters® for Kids	Share Our Strength's Cooking Matters® program is a series of six nutrition education classes geared towards children ages 7-12. Children learn about the USDA's MyPlate dietary guidelines through fun interactive activities and hands-on cooking. Participants prepare food in class.	6	15 CHILDREN
Cooking Matters® for Teens	Share Our Strength's Cooking Matters® program is a series of six nutrition education classes geared towards children ages 13-17. Teens learn about the USDA's MyPlate dietary guidelines through fun interactive activities and hands-on cooking. Participants prepare food in class.	6	15 TEENS
Cooking Matters® for Parents	Share Our Strength's Cooking Matters® program is a series of six nutrition education classes geared towards parents. Parents learn about the USDA's MyPlate dietary guidelines through fun interactive activities and hands-on cooking. Participants prepare food in class and are given ingredients to replicate recipe at home.	6	15 PARENTS
Cooking Matters® at the Store	Share Our Strength's Cooking Matters® at the Store is a nutrition education session for adults. The class includes a guided tour of a 'pop-up' or portable grocery store while participants learn key objectives of purchasing, storing and using affordable healthy foods. Participants are given a \$10 grocery store gift card to purchase healthy foods.	1	15 ADULTS
Eating Well and Diabetes	Eating Well and Diabetes is a FBSJ signature course for individuals living with or at risk for Type II Diabetes. Participants learn how to create healthier versions of their favorite foods and use healthy alternatives to foods they crave. Participants prepare food in class and are given ingredients to replicate recipes at home.	4	20 ADULTS
Eating Well and Diabetes Healthy Cooking Demonstration	An FBSJ signature nutrition education and hands-on cooking demonstration activity designed to encourage the healthy eating habits essential to the prevention of Type II Diabetes and other chronic diseases. Healthier versions of favorite foods are prepared and sampled. Designed for a closed audience of 10 or more. Not available for large audience events like resource fairs or other tabling events.	1	10 INDIVIDUALS MINIMUM
Youth Nutrition Outreach Training (YNOT)	YNOT is an FBSJ Signature youth training program. Youth ages 13-20 are trained in nutrition education, cooking techniques and public speaking skills. At the completion of training, youth can teach cooking and nutrition in their community and receive a small stipend from FBSJ.	6	20 YOUTH
Healthy Baking for Teens	Healthy Baking for Teens is an FBSJ signature and customizable nutrition education course for youth ages 13-18. Participants learn about the USDA's MyPlate dietary guidelines and how to use them for healthy eating through interactive activities and hands-on cooking. Participants prepare food in class.	3	20 TEENS
A Taste of African Heritage (ATOAH)	An evidence-based course developed by Oldways, A Taste of African Heritage is a six-class cooking course emphasizing the use of fresh produce and whole grains to make traditional African foods. Class participants learn how to easily prepare tasty, yet healthy, recipes and receive ingredients to prepare the recipes at home.	6	20 ADULTS
Healthy Cooking Demonstration	An FBSJ signature nutrition education and hands-on cooking demonstration activity designed to encourage the exploration of healthier foods and recipes. Designed for a closed audience of 10 or more. Not available for large audience events like resource fairs or other tabling events.	1	10 INDIVIDUALS MINIMUM
Grow It, Try it, Like It	Grow It, Try It, Like It is a USDA Team Nutrition funded nutrition kit designed to introduce new fruits and vegetables to preschool children. Nutrition education sessions include an introduction to MyPlate, the food groups and a physical activity to try with the children. A tasting opportunity is included to reinforce that a fruit or vegetable can be eaten in a variety of ways.	1 - 6	50 CHILDREN
Food and Finance	Food and Finance is a FBSJ signature course for adults. In three sessions, participants learn how to select and purchase healthier food choices while on a budget, plan healthy meals and manage personal finances. Local banks volunteer to lead the financial management session. The final session of the course is a trip to the grocery store where participants can practice what they have learned with a \$50 gift card.	3	20 ADULTS
School Assembly	Customizable presentation for school assemblies. Program includes a nutrition education presentation, an interactive game or activity and a food tasting.	1	UP TO 300 CHILDREN
Two Bite Club	The Two Bite Club program was developed by the Food and Nutrition Service of the USDA and serves to introduce young children to the MyPlate dietary guidelines through interactive activities and food tasting.	1	50 CHILDREN