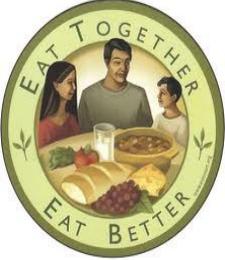


Program	Goals	Lessons	Benefits
 <p>Eat Well Play Hard IN CHILD CARE SETTINGS NY</p> <p>Ages 3-5</p>	<p><u>Eat Well Play Hard</u> is designed to get children eating more fruits and vegetables and choosing low-fat dairy; increase the time they are physically active; and reduce the amount of time they spend watching television.</p> <p>Positive lessons include nutrition, cooking, mealtime behaviors and physical activity. All reinforce latest Dietary Guidelines for Americans.</p>	<ul style="list-style-type: none"> Series of <u>8 interactive lessons</u> Taught in a child care setting 6 lessons for children age 3-5 2 lessons for child care staff Each lesson is 30 minutes long 	<ul style="list-style-type: none"> Fun & engaging Led by a trained nutrition professional Food sampling Take home recipes & materials Multi-level for children, caregivers & families FREE Program!
 <p>Pick a better snack™</p> <p>Grades 1-3</p>	<p><u>Pick A Better Snack™ & Act</u> focuses on eating fruits & vegetables. Each lesson includes nutrition education, food tasting and a JAMmin' Minute for fun & fitness. Teachers and students receive extra monthly lessons and take-home materials.</p> <p>This program is nationally-recognized and proven to help students make healthy changes.</p>	<ul style="list-style-type: none"> Series of <u>8 monthly lessons</u> 1st, 2nd & 3rd Grade Classrooms or afterschool Newsletters, fact sheets and bingo cards for families to learn at home FREE classroom books support continued learning 	<ul style="list-style-type: none"> Lessons align with Maine Learning Results (Health) Led by a trained nutrition professional Food tastings Multi-level for children, parents & teachers FREE Program!
 <p>Grades 6-8</p>	<p><u>EatFit</u> improves nutrition and physical fitness with a focus on personal goal-setting. Teens are motivated to strive to reach their potential through a more fit body, healthy food choices, improved self image and a stronger sense of independence.</p> <p>Students use web-based tools, interactive activities, recipes and magazine workbooks.</p>	<ul style="list-style-type: none"> Series of <u>9 interactive lessons</u>: The EatFit Foundation, Diet Analysis, Getting Psyched for Fitness, Energy Concepts, Food Label Fax, The Importance of Breakfast, Body Work, Fast Foods & The Influence of Media 6th, 7th & 8th Grade Classrooms or afterschool 	<ul style="list-style-type: none"> Lessons align with Maine Learning Results (Health) All materials provided Led by a trained nutrition professional Multi-level for children, parents & teachers FREE Program!
 <p>SHARE OUR STRENGTH'S COOKING MATTERS® NO KID HUNGRY</p> <p>Grades 6-12</p>	<p><u>Cooking Matters® for Teens</u> is a cooking and nutrition program led by a chef and a trained nutritionist. Teens learn to prepare simple, healthy and affordable meals at home. Students cook a delicious meal and eat together in each class, then receive ingredients to make it again at home.</p> <p>This program is nationally recognized and proven to help learners make healthy changes.</p>	<ul style="list-style-type: none"> Series of <u>6 interactive lessons</u>: Food & Kitchen safety, Fabulous Fruits & Veggies, Whole Grain Goodness, You're the Chef, Store Wars & Extreme Food Makeover 6th – 12th Grade Classrooms or afterschool Class length: 2 hours each 	<ul style="list-style-type: none"> Eating together every class Cooking & take home ingredients every class! Led by a chef and a trained nutrition professional FREE Program!

Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine (DHHS) and implemented through a contract with University of New England (UNE). Utilizing the Healthy Maine Partnership agencies (Healthy Lincoln County) statewide as access points for SNAP-Ed delivery, we strive to educate SNAP recipients on low cost, healthy eating and active lifestyles.

Program	Goals	Lessons	Benefits
	<p><u>Eat Together, Eat Better</u> teaches parents how to engage the family to prepare meals together and build family meals into their routine. Practiced at home, families look forward to talking, eating and celebrating together.</p> <p>Families who eat together make healthier choices!</p> <p>This program is based on the Core Nutrition Messages developed by the USDA Food and Nutrition Service.</p>	<ul style="list-style-type: none"> ▪ Series of <u>3 interactive lessons</u> ▪ Lessons include: <ul style="list-style-type: none"> -Cook Together -Talk Together -Celebrate Together ▪ Each lesson is 45-60 minutes long 	<ul style="list-style-type: none"> ▪ Fun & engaging ▪ Led by a trained nutrition professional ▪ Take home recipes & materials ▪ FREE Program!
	<p><u>Cooking Matters® for Adults</u> is a fun cooking and nutrition program led by a chef and a trained nutritionist. Participants cook a delicious meal and eat together every class, then receive ingredients to make it again at home.</p> <p>Share our Strength's Cooking Matters® is a program of The Good Shepherd Food Bank.</p>	<ul style="list-style-type: none"> ▪ Series of <u>6 interactive lessons</u>: <ul style="list-style-type: none"> -Healthy Cooking Basics -Fruits, Veggies and Whole Grains -Cooking Lean & Low-Fat -Plan to Make the Most of Meals -Shopping Smart, Recipe for Success -Make a Plan That Fits Your Life ▪ Class length: 2 hours each 	<ul style="list-style-type: none"> ▪ Led by a chef and a trained nutrition professional ▪ Cooking & eating together every class ▪ Take home ingredients every class! ▪ FREE Program!
	<p><u>Cooking Matters® at the Store</u> is a grocery store tour led by a trained nutritionist. Participants receive great shopping tips, practice reading labels and compare pricing to learn how to buy healthy foods on a limited budget.</p> <p>Share our Strength's Cooking Matters® is a program of The Good Shepherd Food Bank.</p>	<ul style="list-style-type: none"> ▪ <u>1 guided grocery tour</u> ▪ Learn: <ul style="list-style-type: none"> -How to pick perfect fruit & veggies -When to buy fresh vs. frozen or can -How to compare fat, sugar & salt -How to compare unit prices for the best buy ▪ Tour length: 1 hour 	<ul style="list-style-type: none"> ▪ Led by a trained nutrition professional ▪ Save \$ ▪ Learn to shop like a pro ▪ FREE Program!
 <p>Eat Smart, Live Strong Nutrition Education for Older Adults</p>	<p><u>Eat Smart, Live Strong</u> helps older adults improve their health and well-being through nutrition and physical activity. Participants set and practice reaching goals, address challenges, jazz up favorite dishes and practice eating healthy on a budget.</p> <p>A program of the USDA Food and Nutrition Service for adults 60-74 years young who are eligible for the FNS nutrition assistance program.</p>	<ul style="list-style-type: none"> ▪ Series of <u>4 interactive lessons</u> ▪ Lessons include: <ul style="list-style-type: none"> -Reach Your Goals, Step by Step -Challenges and Solutions -Colorful & Classic Favorites -Eat Smart, Spend Less ▪ Class length: 1 hour each 	<ul style="list-style-type: none"> ▪ Led by a trained nutrition professional ▪ Simple physical activity every class! ▪ FREE Program!

Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine (DHHS) and implemented through a contract with University of New England (UNE). Utilizing the Healthy Maine Partnership agencies (Healthy Lincoln County) statewide as access points for SNAP-Ed delivery, we strive to educate SNAP recipients on low cost, healthy eating and active lifestyles.

10 tips

10 Tips Nutrition Education Series



Single Nutrition Classes

Choose any of the 10 lessons from this USDA series for high quality, easy-to-follow tips from the **2010 Dietary Guidelines for Americans**.

Each lesson includes a food sampling or demo with handouts.

Lessons include:

Lesson #1 **Tips for Kitchen Safety:** Skills for proper hand washing and handling kitchen tools

Lesson #2 **Food Safety:** Skills for safe food handling to prevent foodborne illnesses

Lesson # 3 **Choose MyPlate:** How to make simple changes for healthy eating

Lesson #4 **Make Half Your Grains Whole:** How to find whole grains and read Nutrition Facts on the food label

Lesson #5 **Focus on Fruits:** How to include fresh, frozen, canned and dried fruits in daily eating

Lesson #6 **Vary Your Veggies:** How to include fresh, frozen or canned vegetables into your daily eating

Lesson #7 **Switch to Low-fat and Non-fat Dairy Products**
How to include low fat and non-fat dairy products in your daily eating

Lesson # 8 **USDA Eat Right When Money's Tight**
Cost-saving tips for grocery shopping and menu planning to stay within a budget

Lesson # 9 **Growing Goodness:** Basic tips for growing fruits or vegetables with container gardening

Lesson #10 **Choosing Fruits & Vegetables In-Season**
Learn how to choose in-season fruits and vegetables in Maine to improve nutrition and save money

Program Goals & Benefits:

- Nutrition lessons taught by a trained professional
- Nutrition lessons are interactive
- Food demos or tastings in every lesson
- Helps participants make healthy food choices that are easy & convenient
- Participants learn how to make half their plate fruits and vegetables, make half their grains whole, and switch to fat-free or low fat (1%) milk
- Participants learn safe practices for preparing and cooking healthy foods
- FREE PROGRAMING!



SNAP-Ed Nutrition

Healthy Lincoln County
nutrition@healthylincolncounty.org
563-1330

Lara Cogar
Nutrition Education Coordinator

