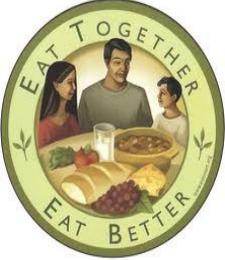


| Program | Goals | Lessons | Benefits |
|---|---|---|---|
|  <p>Eat Well Play Hard IN CHILD CARE SETTINGS NY</p> <p>Ages 3-5</p> | <p><u>Eat Well Play Hard</u> is designed to get children eating more fruits and vegetables and choosing low-fat dairy; increase the time they are physically active; and 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! |

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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 PROGRAMMING!



SNAP-Ed Nutrition

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