

Free Nutrition Classes

SNAP-Ed Nutrition Education

Second Harvest Food Bank of Central Florida is now offering SNAP-Ed Nutrition Education classes at partner organizations that serve clients receiving SNAP benefits or those eligible for SNAP benefits. Nutrition education can help SNAP-eligible Florida residents to incorporate more nutritious foods into their diet, adopt an active lifestyle, prevent chronic disease, manage a healthy weight and improve their quality of life. Classes are available for various age groups, such as youth/teens, families with children, adults and seniors.

Nutrition class information

- ◇ Classes are free
- ◇ Classes run approximately 20 minutes
- ◇ Schedule the classes when it's convenient for your organization
- ◇ Marketing materials provided
- ◇ Cooking demonstration supplies are provided
- ◇ Class curriculum is approved by Department of Children and Families (DCF)
- ◇ Educators can teach multiple classes at your facility
- ◇ Handouts are available in English, Spanish and Creole

Class topics

- ◇ Shopping and cooking healthy on budget
- ◇ How to read nutrition labels
- ◇ Reducing fat, sugar & sodium
- ◇ Diabetes
- ◇ Gut health
- ◇ Choosing to eat whole foods
- ◇ Keep moving
- ◇ Healthy portions and serving sizes
- ◇ And more!

Questions?

Contact the Nutrition Educator for your county.

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