

# 7.1

## Community Programs: Host Nutrition Education Programs

### Advantages

- You will help low-income people meet dietary needs and change eating habits
- Can be a one-time project or a recurring activity
- Reduce food waste by educating about storage and preparation best practices, as well as how to use unfamiliar produce and other food products

### Challenges

- Requires someone with professional skills in nutrition, healthy eating and/or cooking
- Requires staff members to coordinate and plan events and recruit participants
- Proper cooking and/or food prep facilities may be required

### Steps to Success



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## Host Nutrition Education Programs

Brainstorm on what topics you want to teach in your programs below:

Where will you host your programs?

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When will your programs take place?

Dates: \_\_\_\_\_ to \_\_\_\_\_

Days: Su M T W Th F Sa

Times: \_\_\_\_\_ to \_\_\_\_\_

Who is your audience?

What resources or materials do you need for your programs?