






BRAZOS VALLEY  
**foodbank**

# Nutrition Education Program

## Who Do We Serve?

The Nutrition Education Program offers free nutrition classes to low-income community members (individuals receiving SNAP or those who are eligible for SNAP) by partnering with organizations and agencies in Madison, Robertson, Burleson, Brazos, Washington, and Grimes counties.

## What Do We Do?

-  **We teach evidence-based curriculum for all ages, ranging from children to seniors.**
-  **Our curriculum aims to give people the tools and knowledge to live healthy lifestyles within their means.**
-  **Our classes can be held at almost any location at no cost to your **organization/agency**, so please don't hesitate to ask if we can serve you!**

**For more information, please contact Kathryn Clanton, Nutrition Education Coordinator.**

**Email: [KathrynC@bvfb.org](mailto:KathrynC@bvfb.org)  
Phone: (979) 779-3663 ext. 109**



# Nutrition Education Program

We use the Dietary Guidelines for Americans and MyPlate recommendations to help people make healthy eating choices. We focus on disease prevention and support our clients through the challenges of maintaining a healthy lifestyle. Our classes give people the information and skills they need to make healthy changes. All classes are completely FREE to sites and those in attendance. Please see below for some of the classes we offer.

## **Child and Teen Classes**

We offer fun, interactive lessons for children and teens! Our nutrition educators will come to your location to teach nutrition lessons paired with a cooking activity or physical activity.

## **Adult Classes**

We offer several types of adult lessons. We can cover popular topics like making healthy changes or more specific information like managing diabetes. Each adult class includes a cooking demonstration where participants receive food samples to taste and learn practical cooking techniques.



BRAZOS VALLEY  
**foodbank**

# Nutrition Education





## Skills and Education

Education: Bachelor's degree with major coursework in Nutrition, Health Education, and/or Public Health

### Skills:

- Public speaking
- Partnership development
- Proficiency in Word, PowerPoint, and Excel
- Food handling
- Excellent written and interpersonal communication skills

## Average Day as Nutrition Education Coordinator

-  Communicate with partners to schedule nutrition classes.
-  Prepare and review nutrition education class materials.
-  Teach nutrition education classes to children, adults, and older adults.
-  Create recipe cards, handouts, and social media content.



BRAZOS VALLEY  
**foodbank**

# Nutrition Education Program

This institution is an equal opportunity provider. This material was funded in part by SNAP.

# Nutrition Education Program

Brazos Valley Food Bank's Nutrition Education Program offers free nutrition classes to low-income community members by partnering with organizations and agencies in Madison, Robertson, Burleson, Brazos, Washington, and Grimes counties. Our audience ranges from young children to older adults and seniors, and all ages in between.

Health conditions such as diabetes, high blood pressure, and heart disease are becoming increasingly common. However, many of these nutrition-related diseases can be prevented by making healthier choices. Balanced nutrition and regular exercise are some of the most powerful ways to positively impact your health.

Our Nutrition Education program is designed to empower people of all ages to become enthusiastic health advocates for their families and communities!

*See reverse for some of the services we provide.*