



Menu of Services - Youth Programming



For: preschool age children (3-5 years old)

- Six lessons to include: food manners, increasing fruit and vegetable consumption, physical activity, and choosing healthy snacks
- Classes are 30 minutes
- *Parent lessons are available as an optional component*



For: kindergarten through 3rd grade

- Six monthly lessons to promote a fruit or vegetable and to participate in physical activity
- Classes are 30 minutes



For: preschool age to 3rd grade children

- Six lessons that include the reading of a book, a nutrition activity, and physical activity
- Classes range between 30-45 minutes



For: 4th-6th graders

- Six lessons with a primary focus to increase fruit and vegetable consumption among children
- Classes may be 30, 60, or 90 minutes



For: teens, ages 12-18

- Four lessons which introduce a wide variety of healthy foods and concepts and choosing physically active lifestyles
- Classes range between 30-60 minutes



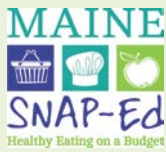
For: kids and teens (ages 8-18)

Share our Strength's Cooking Matters® is a program of The Good Shepherd Food Bank.

- Six interactive nutrition education and cooking classes
- Classes are two hours in length
- A modified version of Cooking Matters for Kids is available with 10 lessons, 45 minutes in length, to accommodate 4th-6th grade classrooms with limited time

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates low-income families on low-cost healthy eating and active lifestyles. Contact mainsnap-ed@une.edu or 207-221-4560 for more information.





Menu of Services - Adult Programming



For: adults 18+

Two series are available:

Choose MyPlate focuses on healthy eating

Eating Better on a Budget highlights strategies for shopping healthy on a budget

Each series includes 4 classes that are 30-60 minutes in length. Both series include interactive, engaging nutrition education classes with physical activity and recipe sampling.



For: adults and families

- Six interactive cooking instruction classes
- Classes are two hours in length
- Teaches participants how to select nutritious and low cost ingredients and prepare them in healthy ways



For: parents or caregivers of children ages 0-5

- Six shorter, more flexible, and family friendly classes
- Classes range from 30-60 minutes in length



For: childcare professionals

- Teaches early childhood professionals about healthy meal preparation and creating a positive food environment for the children in their care. Class length and topics will vary based on the needs of individual sites.



For: adults 18+

Grocery store tour for participants to receive great shopping tips, practice reading labels and compare pricing to learn how to buy healthy foods on a limited budget.

There are four ways to offer this tour:

1. Traditional tour at the grocery store
2. Store tour event days at the grocery store
3. "Pop-up tours" to meet where you are
4. Tours at the Farmers Market (*\$10 gift card not applicable for Farmers Market tours*)



For: New Mainer population

Includes three (2 hour) lessons and incorporates interactive and culturally relevant techniques to teach participants how to select nutritious and low-cost ingredients, and how to prepare them in healthy ways for their families.

Kaaley Ila Kari "Come cook with me"