



## 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 3<sup>rd</sup> grade

- Six monthly lessons to promote a fruit or vegetable and to participate in physical activity
- Classes are 30 minutes
- *Lesson handouts are available in English, Arabic, French, Lingala, Portuguese, Somali, and Spanish*



For: preschool age to 3<sup>rd</sup> grade children

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



For: 4<sup>th</sup>-6<sup>th</sup> 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 4<sup>th</sup>-6<sup>th</sup> 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 families experiencing low income on low-cost healthy eating and active lifestyles. Contact [mainesnap-ed@une.edu](mailto:mainesnap-ed@une.edu) or 207-221-4560 for more information.

