

Menu of Services - Adult Programming



For: adults 18+

Two series are available:

<u>Choose MyPlate</u> focuses on healthy eating <u>Eating Better on a Budget</u> 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
- At least three (out of the seven available) sessions is considered a series
- 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)

Come Cook with Me / Kaaley Ila Kari



For: New Mainer adult 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.

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 eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.

