

## 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
- 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.