

Contact

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Nutrition Education

Program Overview

The Houston Food Bank offers a nutrition education program to address food insecurity and hunger by using USDA materials and guidelines to achieve nutritional goals. Healthy nutrition habits promote health and may reduce risks of diseases, such as diabetes. People with skills in nutrition, cooking, food budgeting and food safety are better able to provide nutritious food for themselves and their family thus improving health, stretching limited resources, and moving toward self-sufficiency and improved, more secure lives.

Nutrition Education Classes

We offer classes, which are tailored to the needs of the group, for the socio-economically disadvantaged elderly, children, teens, mothers and babies, pregnant mothers, healthy adults, AIDS individuals, and multi-ethnic groups. Our classes revolve around the USDA Pyramid and Healthy Guidelines for Americans with support of American Heart Association, American Diabetes Association, WIC and American Dietetic Association materials. Each class will feature a cooking demo highlighting the material of the class. Classes are free of charge to high risk, socio-economically disadvantaged groups. Partners who utilize our classes include Neighborhood Centers, AIDS Foundation, YMCA, and Houston Food Bank partner agencies.

Examples of class topics

- Eating heart healthy
- DASH diet
- Eating healthy on a budget with local grocery store tours

The courses are based at agencies of the Houston Food Bank such as shelters, church kitchens, and food pantries. The Houston Food Bank recruits and trains volunteer chefs, culinary students, registered dietitians, dietetic technicians and nutrition students to teach the courses. Each course includes 10-15 participants.

How to Get Involved

- Culinary and nutrition professionals and students can volunteer their time, talent and expertise to teach a course.
- Donations of foods or grocery gift certificates for the curriculum, kitchen tools and graduation gifts are needed.
- Make a donation to the Nutrition Education program through the Houston Food Bank. Gifts of any amount are appreciated.