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. Good nutrition habits promote health and reduce risk of diseases, such as diabetes. We offer classes to our partner agencies, community organizations, and schools. Classes revolve around healthy eating tips based on the USDA MyPlate and Dietary Guidelines for Americans. Each class features a cooking demo highlighting the material of the class.

How You Can Help:

Volunteer your time and expertise if you are a:

- Nutrition Professional
- Culinary Professional
- Master Gardener
- Certified Exercise Instructor

Donate supplies:

- Grocery store gift cards for participants
- New cooking equipment or utensils (crockpot, electric skillets, pots and pans, chef knives, spoons, spatulas etc.)
- New seasonings or olive oil

We are excited to also offer a six week course called Cooking Matters that includes grocery incentives with each class. Class topics include hands-on cooking skills and meal planning on a budget.

Last Year’s Impact:

1,262 Nutrition Education classes taught

17,461 people taught in classes