

Nutrition Education



a houston**food**bank program

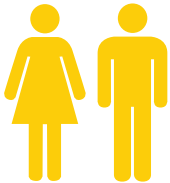
The Houston Food Bank offers free **nutrition education programming in English and Spanish to address food insecurity and hunger** by using USDA materials and guidelines to achieve nutritional goals. Good nutrition habits promote health and reduce risk of diseases, such as diabetes. We **offer classes, both virtually and in-person, to our partners, community organizations, and schools.** Classes revolve around healthy eating tips based on the USDA MyPlate and Dietary Guidelines for Americans. **Each class includes the creation of a recipe** highlighting the material of the class.

By the Numbers:



513 classes

of Nutrition Education taught in Fiscal Year '23 (July 2022 - June 2023)



6,765 participants

engaged in Nutrition Education classes during Fiscal Year '23



19,020 views

of our Nutrition Education tips and tricks videos on social media in Fiscal Year '23



33% of households

experiencing food insecurity have at least one member with diabetes



30% of children in Texas

do not eat any fruits on any given school day

For more information, visit: houstonfoodbank.org/nutritioneducation


houston**food**bank

This institution is an equal opportunity provider.

A gift of \$10 provides access to 30 meals for someone in the community.

*Our Mission: Food for better lives
Our Vision: A world that doesn't need food banks*

This program is funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP