

Nutrition Education

a houston**food**bank program



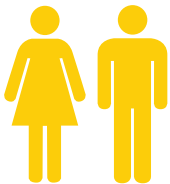
The Houston Food Bank offers free **nutrition education programming in English and Spanish to address food insecurity and hunger** by using USDA materials and guidelines to achieve nutritional goals. Good nutrition habits promote health and reduce risk of diseases, such as diabetes. We **offer classes, 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:



303 classes

of Nutrition Education taught in
Fiscal Year '25 (July 2024 - June 2025)



2,904 participants

engaged in Nutrition Education
classes during Fiscal Year '25



47,581 impressions

on our Nutrition Education
tips and tricks videos on
social media in Fiscal Year '25



33% of households

experiencing food insecurity have
at least one member with diabetes



23% of children in Texas

do not eat any fruits on any given
school day

For more information, visit: houstonfoodbank.org/nutritioneducation

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