



UF/IFAs Extension Family Nutrition Program (FNP)

Creating Healthy Childcare Programs

The UF/IFAS Extension Family Nutrition Program (FNP) is one of the FL SNAP-Education implementing agencies. SNAP-Education complements the financial assistance received through SNAP (Supplemental Nutrition Assistance Program) by making nutrition and physical activity knowledge and resources available to eligible participants.

FNP provides free nutrition education to SNAP eligible persons and free training, resources, and consultation to the organizations and staff that serve them. FNP works collectively to improve the likelihood that participants will make healthy food choices within a limited budget and choose physically active lifestyles. The FNP program is currently in [40 counties](#).

We support Early Childhood Education providers prioritize, plan, and make improvements to their healthy eating and physical activity practices, policies, and environments in the following areas:

- Child Nutrition
- Physical Activity
- Screen Time
- Breastfeeding
- Farm to ECE

Free resources:

- [Go NAPSACC](#) membership. Includes self-assessment, action planning, and educational tools.
- In person and virtual professional development opportunities for ECE providers (*CEUs available)
- Free support to apply for the state-wide [FL HEROs Award](#) and receive up to \$1,000 in [Kaplan Credits](#).

Connect with us:

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UF/IFAS Extension Family Nutrition Program

ADULT CURRICULA

Nutrition & Cooking



Cooking Matters at Home

How to plan, buy, and make meals and snacks on a budget for the family. Includes discussions and engaging activities to encourage people to try new skills at home. *Virtual only. Also available in Spanish, may vary by location.*

Lessons: 5 one-time (30 minutes each)

For: Parents and caregivers of children

Cooking Matters at the Store

How to shop and save money buying healthy foods on a limited budget. Hands-on activities, talking and learning about comparing food labels and unit pricing during a guided grocery tour.

Lessons: One-time (60-90 minutes)

For: Parents and caregivers of children

Cooking Matters for Adults

How to prepare and save money shopping for healthy meals on a limited budget. Hands-on activities, talking and learning about healthy eating habits and practicing cooking healthy meals. *Also available in Spanish, may vary by location.*

Lessons: Series of 6 (2 hours each)

For: Adults



Images were taken prior to national guidelines of face coverings and social distancing.

Cooking Matters for Parents

How to prepare, and save money shopping for, healthy meals on a limited budget. Hands-on activities, talking and learning about healthy eating habits and practicing cooking healthy meals. *Also available in Spanish, may vary by location.*

Lessons: Series of 6 (2 hours each)

For: Parents and caregivers of children

Cooking Matters in Your Community

Food-based demonstration in any community setting that teaches healthy eating and cost-saving food shopping messages. Includes food samples.

Lessons: One-time (20-30 minutes)

For: Adults and older adults

More curricula >>



Cooking Matters in Your Food Pantry

Food-based demonstration to encourage healthy eating and healthy food choices in a pantry or food-bank setting. Includes food samples.

Lessons: One-time (20-30 minutes)

For: Adults and older adults

Eat Healthy, Be Active

How to choose and prepare healthy meals and snacks and encourage healthy eating and physical activity habits. *Can be taught virtually. Also available in Spanish, may vary by location.*

Lessons: One-time or series of 6 (60 minutes each)

For: Adults and older adults

Eating Smart, Being Active

Focuses on healthy eating, physical activity, food safety, and food preparation on a budget. Hands-on activities and learning conversation.

Lessons: Series of 9 (90 minutes-2 hours each)

For: Parents and caregivers of children

Health U

Simple messages to encourage healthy lifestyles, using age-appropriate nutrition education materials.

Lessons: One-time or series of 6 (60 minutes each)

For: Adults with mild to moderate intellectual and developmental disabilities

HomeStyles

Simple changes that encourage a healthy, happy home environment. Uses a colorful and fun mini-magazine guide. *Can be taught virtually. Also available in Spanish, may vary by location.*

Lessons: One-time or series of 6+ (20-60 minutes each)

For: Parents and caregivers of children

MyPlate for My Family

Hands-on activities and learning conversations about healthy food and physical activity choices. *Can be taught virtually.*

Lessons: One-time or series of 4 (45 minutes each)

For: Parents and caregivers of children

Seniors Eating Well

Engaging activities on important nutrition and physical activity topics to encourage healthy habits.

Lessons: One-time or series of 4 (45-60 minutes each)

For: Older adults

Gardening



Fresh from the Garden

Hands-on activities, talking and learning about the health benefits of vegetables, gardening, harvesting, and preparing healthy vegetable recipes.

Lessons: One-time or series of 4 (20-30 minutes each)

For: Adults



For more information contact:

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SNAP funding is provided through the Florida Department of Children and Families.



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**Family Nutrition
Program**

A FREE program that teaches nutrition to **SNAP-eligible youth and adults** and supports healthy changes in our communities



Providing
**evidence-based
programming**
since 1996

Some classes and partner trainings are available virtually and in Spanish. May vary by location.

Classes include:

- meal planning on a budget
- healthy food choices
- increasing physical activity
- gardening
- food safety

Technical support and training for:

- schools
- childcare centers
- community partners



Visit familynutritionprogram.org to learn more!



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**Family Nutrition
Program**

Un programa GRATUITO que enseña sobre nutrición a jóvenes y adultos elegibles para SNAP y apoya cambios saludables en nuestras comunidades



Facilitando programas basados en la evidencia desde 1996

Algunas clases y capacitaciones a socios están disponibles en modo virtual y en español. Podrían variar según el lugar.

Las clases incluyen:

- planificación de comidas considerando un presupuesto
- elecciones de comida saludable
- aumento de la actividad física
- cuidado del huerto
- seguridad de los alimentos

Apoyo técnico y capacitación para:

- escuelas
- centros de cuidado infantil
- socios de la comunidad



¡Visite familynutritionprogram.org para obtener más información!

Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). Esta institución es un proveedor que ofrece igualdad de oportunidades.

SNAP es financiado a través del Departamento de Niños y Familias de Florida. | Una institución que da igualdad de oportunidades



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Program**

Yon pwogram GRATIS ki bay
fòmasyon sou nitrisyon ak jèn
ak granmoun elijib pou SNAP
yo epi sipòte bonjan chanjman
nan kominote nou yo



Depi nan lane
1996 n ap bay
**pwogram ki
baze sou done
syantifik**

*Kèk nan kou yo ansanm
ak moun k ap fè fòmasyon
yo disponib vityèl epi nan
lang panyòl. Sa kapab
varye selon zòn lan.*

Kou yo gen ladan yo:

- fason pou manje apati yon bidjè
- chwazi manje ki ekilibre
- ogmante aktivite fizik
- fè jaden
- sekirite alimantè

Sipò teknik ak fòmasyon:

- lekòl
- gadri
- patnè kominotè



Pou jwenn plis enfòmasyon, vizite **familynutritionprogram.org** !

Materiyèl sa a te finanse pa USDAs Supplemental Nutrition Assistance Program - SNAP. Enstitisyon sa a ofri tout moun menm opòtinite a.

Se Depatman Timoun ak Fanmi nan Florid ki bay fon pou Food Stamp (SNAP).

Yon Enstitisyon ki bay tout Moun menm Chans lan