

# **Purdue Extension Does...Free Classes!**

## ***Small Steps to Health***

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Enjoy learning about healthy food and nutrition, food safety, meal planning and setting goals. Prepare and sample delicious food during lessons, and take home a healthy recipe each week. Throughout Indiana, the Purdue Extension Nutrition Education Program works to improve the nutrition and health of audiences with limited resources. We provide free nutrition education lessons to schools and community groups, and engage with community partners on broader community change.

Our NEP Assistants provide free nutrition education to youth and adults through schools and a variety of community groups. Our research-based programming is fun, hands-on and easy to understand. The highly interactive lessons help participants: plan nutritious meals, be active, handle food safely, spend food dollars wisely, improve food purchasing and preparation skills, and find out about SNAP benefits and other community resources.

Small Steps to Health is one of the free class offerings by our NEP Assistants. It includes six lessons (plus five optional) for adults & families. Lessons typically last one hour in length and can be personalized to help meet the needs of our participants. During Small Steps to Health, participants enjoy learning about healthy food and nutrition, food safety, meal planning and setting goals. Participants also have the opportunity to prepare and sample delicious food during lessons, and take home a healthy recipe each week.

### **Lesson Topics**

Understanding MyPlate

Understanding Food Labels

Great Start: Breakfast

Safe Food for Your Family

Planning Great Family Meals

### **Optional Lessons**

Sensational Side Dishes & Snacks

Getting to Know Your Calcium-Rich Foods

Going Lean with Protein

Figuring Out Fats

Preparing Great Family Meals

The Nutrition Education Program has existed in Indiana since 1994 as a part of Purdue Extension and funded by two federal funding streams: SNAP-Ed, Supplemental Nutrition Assistance Program – Education Division and EFNEP, Expanded Food and Nutrition Education Program. The five focus areas of NEP include Nutrition, Food safety, Food security (hunger), Physical activity, and Food resource management (stretching food dollars). Our audiences include SNAP recipients, individuals with limited resources (youth, seniors, singles, homeless, migrants, families, single parents), schools with 50% or more free and reduced lunch, and communities with high poverty rates. What is SNAP-Ed? SNAP-Ed is the nutrition education component of the USDA's Supplemental Nutrition Assistance Program (SNAP). It helps people with limited resources eat smart and move more.

To contact our NEP Program Assistants, please contact Martha Lopez ([lopez188@purdue.edu](mailto:lopez188@purdue.edu)), NEP Assistant covering Daviess, Dubois, and Spencer Counties or Janice McClure ([mcclurjl@purdue.edu](mailto:mcclurjl@purdue.edu)), NEP Assistant covering Crawford and Dubois Counties.

If you would like more information, please contact Ashlee at Purdue Extension – Dubois County at 812-482-1782 or [avniehau@purdue.edu](mailto:avniehau@purdue.edu)