

# **Food Smarts Kids**

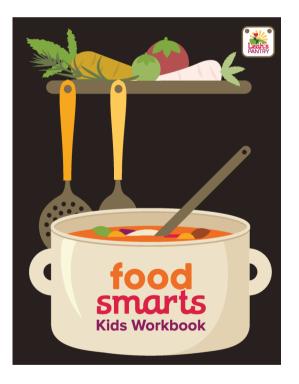
Food Smarts Kids is a learner-centered nutrition education and cooking curriculum, which covers a variety of core nutrition principles including: eating a variety of foods, choosing whole foods, consuming water more often, and physical activity. Cooking at home from whole ingredients, fresh food, or minimally processed foods are encouraged.

This curriculum offers flexibility to meet the needs of your site and schedule and can be delivered in 30 minutes, 60 minutes, or 90 minutes. There are 5-6 lessons per series that can be implemented weekly, bi-weekly, or monthly. The lessons can be delivered in-person, virtual live, and pre-recorded.

### Eat the Rainbow!



## Kids will receive a workbook with all the handouts and fun activities.



## \*Includes healthy lifestyle discussions and tips

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community coalitions. Maine SNAP-Ed educated low-income families on low co healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.





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For more information visit: www.mainesnap-ed.org Call 207-221-4560 Contact your local SNAP-Ed Nutrition Educator