



## The SF-Marin Food Bank's Nutrition Education Program

**Our work doesn't end after food is delivered.** We're helping program participants achieve a lifetime of good health by providing nutrition education programs along with the wholesome foods we distribute. We offer two types of direct education programming for low income participants

1. **Cooking Demonstrations** - During our single-session *Pantry to Plate* classes, participants learn to cook healthy recipes using Food Bank food, while also learning about basic nutrition.
2. **Nutrition Education Class Series** - For those agencies that are looking for more in-depth Nutrition Education, we offer our 4-week mini-series. Each week, participants prepare food while being introduced to topics such as being savvy about salt and sugar, the importance of eating a variety of fruits, vegetables, whole grains and lean proteins, and how to shop on a budget.

Both types of programming are:

- Culturally competent and interactive, and incorporate cooking, nutrition and healthy lifestyle topics
- Available for 30 -90 minutes per session (depending on site preference, audience and educator availability)
- Tailored to the audience (we work with youth, adults and/or seniors)
- Offered in English, Spanish Cantonese, and Mandarin
- Free of charge to both sites and participants
- Must meet a minimum of 7 participant requirement

\*Class sessions always include a healthy snack or sample of what we prepare together

**If you are interested in bringing this programming to your site please contact:**

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\*\*\*Due to the nature of our current funding, we will do our best to serve every interested site, but cannot guarantee programming at this time

