



>>> **A TASTE OF AFRICAN HERITAGE**

Six-week cooking and lifestyle program designed to reconnect participants with vibrant and healthy eating habits inspired by African traditions. It focuses on Cultural History, Nutrition, and Lifestyle practices can promote overall well-being.

A TASTE OF LATIN HERITAGE <<<

Six-week cooking and lifestyle program designed to reconnect participants with vibrant and healthy eating habits inspired by Latin American traditions. It focuses on Cultural History, Nutrition, and Lifestyle practices can promote overall well-being.



>>> **CHFFF CHOOSE HEALTH FOOD, FUN, AND FITNESS**
(youth program)

The CHFFF (Choose Health: Food, Fun, and Fitness) program is a six-lesson curriculum designed for children ages 8-12 (3rd-8th grade) to promote healthy eating and active lifestyles. It uses experiential learning to teach young people about nutrition and physical activity.

>>> **EAT SMART, LIVE STRONG**
(Senior Citizen Program)



Eat Smart, Live Strong is an intervention designed to improve fruit and vegetable consumption and physical activity among 60-74 year olds participating in or eligible for FNS nutrition assistance programs.



>>> **ESBA EATING SMART BEING ACTIVE**

The Eating Smart, Being Active (ESBA) program is a comprehensive healthy eating and physical activity curriculum designed to empower individuals and families to make informed choices for a healthier lifestyle. This curriculum is aligned with the Dietary Guidelines for Americans and Physical Activity Guidelines for Americans.