

NTFB NUTRITION SERVICES OVERVIEW

For more information please contact the NTFB Nutrition Services Team at nutrition@ntfb.org. All resources are provided free of charge to any agency serving low-income audiences.

VIRTUAL RESOURCES

Recipes, cooking demonstration videos, and garden videos can be found on our website:

- ntfb.org/cookingdemos
- ntfb.org/recipes
- youtube.com/user/NorthTexasFoodBank

SPADE & SPOON

A bi-monthly newsletter from the Nutrition and Garden team that showcases delicious recipes, cooking demonstrations, nutrition/gardening classes, gardening how-to's & all things wellness!

Sign-up on our website:
ntfb.org/spadeandspoon



COOKING MATTERS AT THE STORE (CM@TS)

An interactive, 2-hour grocery store tour. Participants learn how to plan and budget for healthy, affordable, and delicious meals for their families. Also offered virtually.

HEALTHY PANTRY NUDGES PROJECT

This project aims to promote healthy eating habits by implementing sustainable and low-cost strategies that affect the food pantry environment – including the use of messaging, signage, rearrangement of pantry space, layout, nutrition resources, education, and nudges. Nudges are subtle changes in the environment and arrangement of food pantries. The healthy choice is made the easy choice by improving the way healthy food is displayed and promoted.

NUTRITION EDUCATION WORKSHOPS

- Kids (2nd-3rd grade): Got Veggies - Aims to increase consumption of fruits and vegetables through garden-based activities, fun recipes, and tips for cooking and eating in the garden. 7-week series. Also offered virtually.
- Adults & Parents: Cooking Matters - Empowers adults and parents with the tools necessary to maintain a healthy diet on a limited budget. 6-week series. Also offered virtually.
- Seniors (60+): Eat Smart, Live Strong - Helps to improve fruit and vegetable consumption and physical activity in older adults. 4-week series. Also offered virtually.

MATERIAL DISTRIBUTION

Nutrition education materials available upon request.

- Examples of requested resources include: recipes, healthy cooking, MyPlate, reading food labels, food budgeting, exercise, decreasing sodium/sugar, healthy snacks, portion control, etc.

HANDS-ON COOKING DEMONSTRATIONS

Interactive cooking demos with an overview of MyPlate Food groups. For Kids and Adults. Also offered virtually.