



LifeStyles, Inc.

Nutrition Training For

Charles County "Lunch On Us"

Objective

The Summer Meals program focuses on providing free meals for children under the age of 18 in Charles County. This is through a partnership with Charles County Public Schools (local sponsor), LifeStyles (partnering agency), the Charles County Department of Social Services and the Charles County Advocacy Council for Children, Youth and Families (the local management board), and other social and community agencies. As a component of this program a nutritious training segment is being provided by LifeStyles to accommodate the time constraints while providing nutrition education to the children and their parents.

The training has two segments as follows:

Exploring Food Together

- This segment allows meal recipients to identify foods and describe their characteristics, recognize that plants have several parts in which we get food, and classify, compare, and contrast objects.
- Visually show the five food groups that are building blocks for a healthy diet using "My Plate". The "MyPlate" serves as a visual reminder to eat foods from the Five Food Groups every day.
- Recognize that foods can be divided into groups and have some idea of what those food groups are. The Five Food Groups are: Fruits, Vegetables, Grains, Protein, and Dairy.

Think Before You Drink

- Visually show a variety of drinks often consumed by children and the shocking sugar content in each serving. "Sugar Overload" Identifying drinks that have the most sugar?
- Compare food labels to choose drinks lower in sugar. Using Nutrition facts located on the food label participants will be able to clarify the difference between one serving and the number of servings provided in a package. Based on the serving size kids and parents will be able to calculate the amount of sugar in an entire package.

Information for Adults

- Recipe Cards
- Local Farmers Market Listing
- Charles County Resource Pocket Guide
- Charles County Food Pantry Resource List
- Maryland's Food Supplement Program (SNAP) Flyer

Materials

- University of Maryland Extension Services Market to Mealtime Recipe Cards
- Fresh Fruits and Vegetables (Display Only)
- Reusable Shopping Bag (Adults Only)
- United States Department of Agriculture (USDA) Summer Meals Summer Fun Your Guide to Summer Fruits and Vegetables FNS-608. Summer Meals, Summer Friends Your Guide to a Summer of Togetherness FNS-611. Stay Cool with Summer Meals Activity Guide for Families FNS-609. Let's Celebrate Summer Meals Your Guide to Healthier Summer Parties. Spanish/English Provided.

Resources

- Exploring Food Together Cooking http://cookingmatters.org/sites/default/files/EFT_English.pdf
- Cooking Matters Kid's Handouts <http://cookingmatters.org/kids-handouts>
- USDA <https://www.choosemyplate.gov/printable-materials>
- United States Department of Agriculture <http://teammnutrition.usda.gov>
- Maryland's Food Supplement Program (SNAP) <https://mydhrbenefits.dhr.state.md.us/>