



# ADULT PROGRAMS

**"Just Say Yes"  
Class Menu**

# ADULT PROGRAMS

## JUST SAY YES

**Please note:**

These 45-60min classes can be taught in any order.  
Each class will have a tasting partnered with it.  
Classes can be taught by Healthy Bodies Project staff or home visitors.

## CLASS TITLES

### FRUITS & VEGETABLES

Learn daily recommended amounts, benefits of eating, and ways to increase your daily intake of fruits and vegetables. We will also learn about health and wellness strategies.

### MYPLATE

Learn about MyPlate recommendations, practice planning a day's worth of meals following the MyPlate guidelines, and learn ways to make healthy food choices.

### STRETCHING FOOD DOLLARS

Learn about buying produce in season, maximize the buying power of \$10 in SNAP benefits, and learn a handful of new shopping tips and tricks!

### FOOD SAFETY

Learn about steps needed for safe consumption of fruits and vegetables, safe food handling practices, and proper handwashing techniques.

### FIBER

Learn about the benefits of having fiber in your diet, good sources of fiber, and get an opportunity to practice planning meals to meet daily fiber recommendations.

### PORTION SIZES

Learn about the benefits of practicing portion control and techniques to estimate portion sizes.

### MEAL PLANNING

Learn healthy meal planning strategies, the benefits of planning meals and snacks, and practice planning an easy, healthy main meal using low cost, readily available foods.

### BEANS

Learn about the benefits of including beans in your diet, new ways to use beans in family meals, and proper cooking methods for dried beans.

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## JUST SAY YES

### CLASS TITLES (CONT.)

#### NUTRITION FACTS LABELS

Learn how to identify the information on Nutrition Facts Labels, the benefits of evaluating the nutrient content, and how to make healthy choices using the information on the Nutrition Facts Label.

#### HEALTHY BEVERAGES

Learn about the link between sugary drinks, obesity, and Type 2 diabetes, how to identify types of sugary drinks, and how to make healthy beverage choices.

#### PHYSICAL ACTIVITY

Learn about how physical activity and a healthy diet contribute to a healthy lifestyle, and how much physical activity is recommended for adults, and find ways to incorporate physical activity into your life.

#### SHOP AT A FARMERS MARKET

Learn about the benefits of shopping at a farmers market, the benefits of purchasing seasonal fruits and vegetables at a farmers market, and identify the hours and location of nearby markets.

#### STORING FRUITS & VEGETABLES (FARMERS MARKET)

Learn the benefits of proper produce storage and a variety of ways to store produce.

#### EATING AWAY FROM HOME

Learn about healthier meal options when eating at restaurants, alternatives to unhealthy foods and ways to customize orders, and how to plan ahead when eating at restaurants by using nutrition information.

#### CUT THE SALT

Learn how to identify low and high sodium foods, how to reduce sodium in your diet, and herbs and spices to flavor your foods with instead of salt.