



Group Nutrition Education



I really enjoyed this class. I learned a lot that I didn't know about shopping for groceries, alternative food, sodium and less fat, price checking, and how to use vegetables with meals. I've even learned how to use the ingredient chart when cooking... I've been sharing what I've learned with my family, I would definitely recommend this class to family and friends.

All opportunities are tailored to be culturally inclusive and appropriate. Virtual and in-person offerings are available. Classes can be hosted at Open Hand in our Teaching Kitchen or we can bring the kitchen to you! Schools, senior centers, rec centers, and places of worship are all great locations so long as there are hand washing sinks, tables, and chairs.

If you don't see the right class for you, we can design a program for any population. To learn more or for information on pricing and eligibility, please reach out to Laura Samnadda, Director of Nutrition Services, at LSamnadda@OpenHandAtlanta.org or 470-607-3607.

	Ideal Group Size	Description
NUTRITION PRESENTATION*	10+ (can accommodate any size group)	One hour group presentation of a nutrition topic with handouts and other resources provided. Topics can be bundled together to create a wellness series.
GROUP NUTRITION EDUCATION SERIES*	10-25 participants	7-session class series (including optional supplemental lessons) that is focused on teaching participants skills to improve their cooking, eating, and shopping habits. Includes nutrition lessons and hand-on cooking training. Participants receive meals, handouts, and graduation gifts for completing the program.
PRODUCE PRESCRIPTION PROGRAM (PRX)*	10-20 person cohorts	This program has shown to improve health outcomes for patients dealing with food insecurity when providers write a prescription for fruits and vegetables. Can be offered for 3 or 6 months with produce boxes delivered weekly. Cooking Matters program kicks off the program in the first 6 weeks.
SELF-MANAGEMENT WORKSHOPS	Varies	Six week evidence based program to help patients manage their diabetes or chronic disease. Topics include decision making, problem solving, action planning, medication management, healthy eating, physical activity, stress management, and more.

**Available in Spanish*



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HEALTHY RETAIL GROCERY STORE TOUR*	10+ (group size varies by setting)	This stand-alone lesson focuses on teaching participants about smart shopping skills, using MyPlate and nutrition facts labels to build balanced meals, and how to identify whole foods and added sugars while shopping! Can be conducted at partner site or done at a grocery store as an interactive tour. (Transportation is not provided by Open Hand.)
YOUTH NUTRITION CLASSES*	10-25 participants	Six-week evidence-based program to help teach youth ages 5-17 skills around choosing healthy meals and snacks, how to eat from each food group, and basic food preparation skills. Participants receive meals and/or snacks during each lesson, handouts, and graduation gifts for completing the program.
FARM TO EARLY CARE AND EDUCATION (ECE) PROGRAM	10-25 participants	This program focuses on providing Atlanta Metro-area ECE sites (including homecare sites) with Harvest of the Month produce boxes and in-classroom nutrition education to improve nutrition and food environment in the early care setting. Technical assistance is provided to ECE administrators and nutrition staff to improve the meals, snacks, and programming provided to children and families surrounding healthy eating + food procurement.
KITCHEN TRAINING PROGRAM (KTP)	Varies	This program works with organizations who serve meals in group settings (i.e., shelters, senior centers, day programs) and are interested in improving kitchen staff skills, food ordering, and menu planning skills to overall site nutrition and meal satisfaction. Registered dietitians work with kitchen staff to provide menu technical assistance, food ordering training, and cooking skills lessons. Interested sites can also receive ServSafe certification training for kitchen staff.
COOKING MATTERS FOR WIC	Up to 20 participants per class	Open Hand SNAP-Ed partners with interested WIC health districts/clinics to train staff to implement the Cooking Matters for WIC curriculum with WIC participants, as well as Cooking Matters at the Store (CMATS) for WIC lessons. These can be delivered in-person or virtually. Materials and training are provided by Open Hand.

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