



## Nutrition Education & Obesity Prevention Program

**Who We Are:** The Nevada County Department of Public Health receives grant funding to work in the community to address chronic disease and prevention related to obesity. Our program is known as NEOP, which stands for “Nutrition Education & Obesity Prevention.” The ultimate goal is to create an environment in the community so that making the healthy choice becomes the easy choice.

**Our Audience:** We target people who are living in poverty, and can simply be defined by people who receive CalFresh benefits or who are potentially eligible for them.

### What We Do:

- ❖ Conduct tastings of healthy recipes at fairs & events provides a venue for people to experience a recipe that is easy to make and delicious.
- ❖ Teach classes on nutrition and physical activity; details are on the flip side of this flyer. Choose what looks like the best fit for your clients. We are limited to teach 3 classes of each physical activity and nutrition per site per year if there is no overturn in the client base.
- ❖ Host train-the trainer classes on topics such as Rethink Your Drink, Harvest of the Month, & Physical Activity. These trainings empower staff to gain knowledge that can be passed onto the clients they serve.
- ❖ Wellness Policy technical assistance. Internal policies focused on health and wellness can positively impact staff and clients and helps to create lasting changes.
- ❖ Work with our partners to develop a program to meet the needs of clients and the organization.

**How We Can Work Together:** The primary criterion is that at least half the clients you serve must be on CalFresh or eligible for these benefits. If you think your organization meets this initial threshold, please call Lynne Lacroix, Project Coordinator at (530) 265-2846 to discuss further.



*Funded by USDA SNAP-Ed, an equal opportunity provider and employer.*

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## Class Offerings

### Eating Healthy on a Budget

Learn how to plan, shop, save and prepare tasty, healthy and simple meals while maintaining your budget. Students will part take in fun, hands-on activities that encourage awareness about "silly spending", meal planning and more! Classes offered in a 1, 2 or 3 part series. In the 3 part series there is an option for a mock shopping tour at a local grocery store.



### Chair Yoga

Yoga poses suitable for any level including those with health challenges and seniors. Gentle movement incorporates mindfulness techniques related to nutritional health and eating habits. This class can be tailored for different issues such as diabetes, etc. Each class also incorporates a short nutrition component relating movement and digestion.

### Shake It Up

*Feeling tired every day? Overwhelmed or grumpy?* Stretching your body and making healthy food choices can help you feel energized and happier with life. Move, stretch, and breathe while learning tools that help you deal with anxiety and stress. After finding your inner happy place with yoga and movement, we'll make a tasty healthy shake & learn about the importance of breakfast & how food affects your mood.

### Cooking Classes

We can provide your group with hands on cooking class that feature simple, tasty and healthy meals! It is offered as a single class or up to a 5 part series. Learn the basics of meal planning and budgeting while enjoying skills in meal preparation.

### Get the Glow

A nutrition and cooking class geared towards teens; we discuss how certain foods can offer a mental and physical glow while setting you up for a life of good health. We review the basics of nutrition, portion control and creating a balanced meal. There is a cooking component to each class.

### Creating YOUR PLATE

This class is aimed at adults looking to incorporate more fruits and vegetables into their diets. We use the My Plate model to learn about a balanced diet and why it is beneficial to eat a variety of fresh foods. This class includes a hands-on cooking component.



### Eating & Moving for Body & Mind

Reduce stress, increase energy and improve health by incorporating simple exercises and stretching into your everyday routine, using self-evaluations, goal setting and movement techniques. Includes lessons on food and mood, sugars and specific tips and exercises on eating and moving to address stress, anxiety and sleep issues.

### Get Your Move On

A strength based circuit training requiring very little equipment that combines yoga for flexibility, core work, balance and cardio. Hula hoops, medicine balls and a few other props are provided. Also can be combined with a "using household items for working out" theme. Up to 10 participants.

**Classes offered in a 1, 2 or 3 part series; instructors provide all the materials.**