

Montco Nutrition Outreach!

CADCOM's nutrition educators travel to food pantries, schools, farmers' markets, health fairs and other community events throughout Montgomery County to provide nutrition education to the county's low-income population. Our activities include:

- ◆ Distributing monthly nutrition newsletters, recipes, and taste tests of healthy foods to food cupboard clients and health fair participants.
- ◆ Offering nutrition education at the seasonal Norristown Farmers' Market with weekly taste testing of a recipe incorporating local fruits and vegetables.
- ◆ Teaching nutrition classes at community sites across the county.

Montco Nutrition Outreach!

The Montgomery County Community Action Development Commission (CADCOM) began *Montco Nutrition Outreach!* in 2000 as part of the state-wide plan for the SNAP-Ed Nutrition Education Program.

Montco Nutrition Outreach! joins with emergency food providers and social service agencies to offer nutrition education to the low-income population of Montgomery County in an effort to promote healthy lifestyles in our community.



For more information, contact:

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& Nutrition
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Montco Nutrition Outreach!



Collaborative and Innovative
Nutrition and Food Education

Newsletters

Cooking Demonstrations

Classroom Lessons

Farmers' Market Nutrition
Education

Hands-On Cooking Classes



113 E. Main Street
Norristown, PA 19401

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Simply Good Eating

A nutrition class that focuses on how to maintain proper nutrition and how to overcome the obstacles that prevent healthy lifestyles.

- ◆ A series of nutrition classes open to all ages.
- ◆ You will receive valuable information to help you make nutritious food choices while food shopping, eating in and eating out.
- ◆ Cooking demonstrations at every class illustrate how easy it is to make a healthy, cost effective, meal.
- ◆ Classes are held as an open group discussion where all questions are welcome.



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Nutrition Classes

We can offer a one-time nutrition workshop or class at your site to offer tips and resources for staying healthy.



- ◆ Past classes for adults have focused on heart-healthy eating, nutrition for families, food label reading, among other important topics.
- ◆ Our classes are also taught to kids at schools, afterschool programs, and summer camps across the county.

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Contact Us

To schedule a class or for more information, contact:

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ALL CLASSES ARE FREE!

Montco Nutrition Outreach! is funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the PA Department of Public Welfare's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.



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