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CSU Extension launches nutrition series for low-income families

SNAP-Ed classes offer tools and tips for healthy cooking on a budget

Aurora, Colo. — Colorado State University Extension in Arapahoe County now offers an educational series on nutrition and healthy lifestyle choices for families who currently receive or are eligible to receive food assistance. The program also features classes on nutrition for pregnant women and infants.

The Supplemental Nutrition Assistance Program- Education is a free, eight-week series on nutrition, food safety, stretching food dollars and the importance of physical activity. SNAP-Ed classes are taught in 60-90 minute sessions once per week. Throughout the lessons, participants will receive food thermometers, water bottles, measuring cups and spoons, grocery lists, and a cookbook filled with low-cost, easy-to-prepare and nutritious recipes.

"In Arapahoe County, the average food assistance benefit for a household is \$343 per month. We know it can be a real challenge for families to choose and prepare nutritious foods on such a tight budget," said Commissioner Nancy Jackson. "The SNAP-Ed series will provide struggling families with the tools and information they need to stretch those dollars and make healthy food and lifestyle decisions."

It is the first time that Arapahoe County will offer the educational program to its citizens as part of the Supplemental Nutritional Assistance Program. The research-based SNAP-Ed curriculum was written by experts at Colorado State University and University of California-Davis, and is funded by the Colorado Department of Human Services and the U.S Department of Agriculture.

Instructors TeAna Baca and Dulce Mendoza will offer the SNAP-Ed series at various social services agencies and community centers around Arapahoe County. To be eligible to participate, a family must currently receive or be eligible to receive food assistance through the Arapahoe County Department of Human Services.

To learn more, or to sign-up for free SNAP-Ed classes, please contact Michael Lucero, at 303-738-7965 or e-mail mlucero@co.arapahoe.co.us.

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