Resources
Harvesters offers nutrition resources such as recipes, nutrition information, and food safety information. This information is available through our Nutrition Services staff and also can be found online in the agency resources section on Harvesters’ website.

Webinars
The Nutrition Services team offers webinars on a variety of topics such as diabetes, hypertension, environmental cues encouraging healthier choices, foods to encourage, and food allergens. Recordings of these webinars can be found online in the agency resources section on Harvesters’ website. These recordings are available to all agency staff, volunteers and board members.
Nutrition Education Classes
Harvesters offers nutrition education classes that agencies can host at their site to teach low-income children and adults how to cook and eat healthier meals. Harvesters trains agency staff, volunteers and clients to teach the following classes through our Train the Teacher model. Harvesters’ training certifies individuals for one year to teach a specific class.

Project Strength
This six-week program for adults on low and fixed incomes covers important nutrition basics, food safety and hands-on cooking. Participants also receive a bag of groceries at the end of each class.

Kids in the Kitchen
Kids in the Kitchen is an age-appropriate, four-week curriculum that focuses on food preparation, food safety skills, nutrition and the importance of making healthy food choices.

Teen EATS
This six-week program class helps teens look at health and nutrition in a new light and includes discussion on media and self-esteem and why we make the choices we do.

For more information about any of these nutrition services, please contact Harvesters’ Nutrition Services department at 816.929.3034 for Kansas City or 785.861.7734 for Topeka or Nutrition@harvesters.org.