

Harvesters' Project Strength Program

Nutrition education classes for adults



PROGRAM BENEFITS

Class participants receive:

- Important information for their health.
- Hands-on cooking instruction.
- A free bag of groceries to take home.
- A forum for social interaction, inspiration and problem-solving.

Harvesters' Healthy Eating Initiative includes the Project Strength program to help adults create healthy meals with limited resources, plan meals and comparison shop.

HOW PROJECT STRENGTH WORKS

- Project Strength is a 6-week course that meets once a week for two hours.
- Each class covers nutrition basics, food safety and hands-on cooking.
- There is no fee for an agency or organization to host this class.
- Harvesters can train someone from your site to teach the classes. Trainings are held multiple times per year.
- Harvesters provides the food, cooking equipment and education materials.



ELIGIBILITY

To be considered for Project Strength classes, organizations must:

- Provide adequate space to hold the class (the space must have running water) and a secure place to store equipment and supplies.
- Be located in Harvesters' 26-county service area (visit www.harvesters.org for a map of counties).
- Recruit five to 20 committed participants for the class.
- Host site must have 501(c)3 status.



ABOUT HARVESTERS

Harvesters is the area's only food bank and was Feeding America's 2011 Food Bank of the Year. Serving a 26-county area of northwestern Missouri and northeastern Kansas, Harvesters provides food and related household products to more than 620 not-for-profit agencies including emergency food pantries, soup kitchens, homeless shelters, children's homes and others. Agencies in Harvesters' network provide food assistance to as many as 141,500 people each month. Harvesters, which was founded in 1979, is a certified member of Feeding America, a nationwide network of more than 200 food banks, serving all 50 states. For more information, visit www.harvesters.org.



For more information about Project Strength,
contact Nutrition@harvesters.org
www.harvesters.org
816.929.3034 (Kansas City) or 785.861.7734 (Topeka)