

# Harvesters' Teen EATS Program

Nutrition education classes for teens



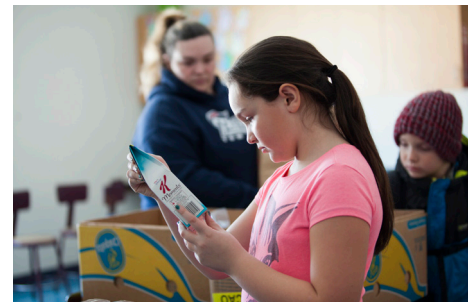
## PROGRAM BENEFITS

- A healthy diet helps teens do well in school.
- Teens who eat healthy are more likely to make good food and nutrition choices as adults.
- Class includes discussion on media and self-esteem and why we make the choices we do.

Harvesters' Healthy Eating Initiative includes the Teen EATS program to help teenagers learn basic cooking skills and make healthy food choices.

## HOW TEEN EATS WORKS

- Teen EATS is a fun, interactive and challenging way for teens to learn and look at health and nutrition in a whole new light.
- Classes meet for six weeks and last two hours. Participants receive a free bag of groceries at each class.
- Teens are involved in hands-on preparation of at least one recipe at each 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 Teen EATS classes, organizations must:

- Serve low-income children between the ages of 14 and 18.
- Be located in Harvesters' 26-county service area (*visit [www.harvesters.org](http://www.harvesters.org) for a map of counties*).
- Have access to a room with space to educate 20 teens, sinks for handwashing and dishwashing, and a secure storage space for Harvesters' cooking equipment (*a kitchen with a stove, oven, microwave and refrigerator is preferred, but not necessary*).
- 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](http://www.harvesters.org).



**HARVESTERS**  
COMMUNITY FOOD NETWORK

For more information about Teen EATS,  
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