Oregon Family Nutrition Program in Schools

Nutrition education is being delivered weekly, every other week or monthly in more than 120 class rooms in Salem Keizer Schools and in Silver Falls School district in grades K-5 all year long. Schools where more than 50% of students are receiving free or reduced meals are eligible for our nutrition programs. Students learn the basics of healthy food choices and the importance of being physically active. Trying new foods is encouraged. In 30 or 45 minute periods, K-3 students hear a food related story, take part in an activity based on the topic of the day and once a month, assemble an easy to fix, affordable and healthy snack recipe. Recipes are sent home so they can be prepared later. Funds come from USDA and are based on matching the value of the teacher’s time and benefits. USDA matches that amount 1:1. Funds pay for staff to deliver the lessons, supplies and materials and travel costs.

What parents have told us:

“My daughter has loved the nutrition classes while we haven’t made any of the recipes, she is more observant and interested in the nutrition of our meals. Thank you for making eating healthy a more popular thing in our home!”

“I want to thank you for showing my daughter what is means to eat healthy foods and she hopes to have some more recipes next year.”

“I think it has made Alisha more aware of trying different things. I also feel she has learned that just because something is healthier doesn’t mean it will not taste as good.”

“Mi hijo desde que empezaron con las clases de nutricion se interesa mas el las frutas. A el le interesa mas las frutas, el preparo un smoote para toda la familia esta muy interesado en preparar mas recetas.”

Since you started the nutrition classes my son has been so interested in eating fruits. He has prepared smoothies for the whole family. He is very interested in preparing more.

“My hijo a aprendido hacer estas comidas y el nos las a preparado. Me ha gustado que le den estas clases, por que nos has pasado que tenemos hambre y no sabemos que parpara para la cena y el nos da ideas de lo que el a aprendido. Tambien vemos que no son dificiles, so nutritivas y no cuesta nada el comer mas sano. Gracias por estas recetas pues me had servido para mis otras hijos, sobre todo los que hacen ejercicio en la excuela.”

“My son has learned to make these foods and he has prepared them for us. I like that you have given these classes because it has happened to us that when we are hungry and don’t know what to prepare for dinner and he gives us ideas from what he has learned. Also we see that they are not difficult, they are nutritious and it doesn’t cost anything to eat healthier. Thank you for these recipes they have worked for my other kids also, along with exercising at school.”