





## ONLINE TRAINING PROGRAM FOR YOUR FOOD PANTRY

The Create Better Health (SNAP-Ed) Online Course is a free 8-lesson course that will help you learn how to eat well and be active on a budget! The course was developed by the Utah State University Extension Create Better Health (SNAP-Ed) program based on the USDA Dietary Guidelines for Americans, MyPlate, and the Physical Activity Guidelines for Americans. The lessons include a nutrition topic, food resource management skills, physical activity discussions, and quick, healthy recipes. Videos, interactive polls, handouts and recipes are used to keep you engaged and excited to keep learning.

### Get in Touch!

#### Nutrition Connections

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visit our website!



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### Training Highlights:

- A series of eight self-paced lessons.
- Two scheduled check-ins during series with Nutrition Connections Specialist to learn more about healthy food pantry resources.
- Participants become a designated Nutrition Connections Food Pantry Champion

### Audience:

Food Pantry Directors,  
Volunteers & Staff

### Lesson Topics:

- How to make healthy choices from all 5 MyPlate food groups
- Meal planning and grocery shopping tips to stretch your food dollar
- How to use foods you already have in your kitchen to create healthy meals
- Using the nutrition facts label to make informed food choices
- Food safety tips and tricks
- Healthy eating patterns for all budgets
- How to overcome barriers to being physically active

Contact Heidi Barker to enroll in this online course.

Email:

[heidi.barker@unh.edu](mailto:heidi.barker@unh.edu)

Questions: (603)788-4961



**Extension**  
Nutrition Connections