

# ONLINE CLASSES



We offer a wide range of fun learning activities for:

- Parents of young children
- Children
- Teenagers
- Adults
- Older adults

Hablamos español.



**REQUEST A  
CLASS ONLINE:**

**Click here!**

## Raising Healthy Eaters

Have a picky eater? Want to be a role model for healthy eating? Raising a Healthy Eater is an initiative to teach parents of younger children how to foster a healthy lifestyle for their children and family. The presentations focus on nutrition during crucial stages of the life cycle from pregnancy, through breastfeeding, infancy, and early childhood. Learn tips and tricks on how to engage children to eat healthier and move more.

## Sow Healthy

A fun, interactive gardening adventure for children to learn how real fruits, vegetables, and herbs grow! Sow Healthy is an 8 class series where each week children will learn something new and exciting about growing their own food. By the end of Sow Healthy, children will be able to start their very own garden at home or at school.

## Kids in the Kitchen

Come join the San Antonio Food Bank- Kids in the Kitchen Series! Learn how to identify, use, and apply cooking equipment to make fun & delicious recipes. Children will gain confidence in the kitchen while gaining knowledge of where food comes from, how to prepare it, and why it's good for their growing bodies!

## CHEF Bites

Rooted in the belief that food is medicine, CHEF is a Culinary Health Education Program that teaches children basic nutrition and practical cooking skills, with the long-term goal of motivating families to adopt and sustain healthier eating habits together.

## Viva Bien! Live Well with Diabetes

This diabetes lifestyle education initiative is a series of 7 - 9 weekly sessions with hands-on culinary demonstrations and a variety of nutrition, healthy cooking, exercise and gardening topics to better manage or prevent diabetes.

## A Tu Salud! Eat Well. Move More. Have Fun!

These lessons are designed to reach the 60+ and older adults to introduce or re-engage healthy lifestyle patterns. The sessions include building a healthy plate, meal planning, chronic disease prevention, physical activity, and learning how to grow their own garden. Classes are fun, interactive and will include healthy recipes and virtual cooking demonstrations.

## My Plate. My FitBody. My Wins

Basic nutrition and physical activity classes which include topics like: "Healthy Eating on a Budget", "Shake the Salt Habit", "Reading the Food Label", "Get Started in Moving More" and much more! All sessions include handouts and healthy recipes, which will help participants reach their healthy lifestyle goals!

## Urban Gardening

The SAFB Teaching Garden offers basic lessons in urban gardening at schools, community centers, for individual homeowners and more. The curriculum centers on basic gardening skills and the benefits of gardening. The goal of the urban gardening classes is to bring the community together to improve their physical health and a receive better understanding about how their food is grown. Gardening classes are taught virtually by Javier Garza, Garden Educational Specialist. For more information contact [Angela McDermott](mailto:Angela.McDermott@safoodbank.org), Garden Engagement Coordinator at [210.431.8389](tel:210.431.8389) or [amcdermott@safoodbank.org](mailto:amcdermott@safoodbank.org).



**All offered classes are taught by highly qualified food, nutrition, physical activity and gardening professionals.**