



UF/IFAS Extension Family Nutrition Program

ADULT CURRICULA

Nutrition & Cooking



Cooking Matters at Home

How to plan, buy, and make meals and snacks on a budget for the family. Includes discussions and engaging activities to encourage people to try new skills at home. *Virtual only. Also available in Spanish, may vary by location.*

Lessons: 5 one-time (30 minutes each)

For: Parents and caregivers of children

Cooking Matters at the Store

How to shop and save money buying healthy foods on a limited budget. Hands-on activities, talking and learning about comparing food labels and unit pricing during a guided grocery tour.

Lessons: One-time (60-90 minutes)

For: Parents and caregivers of children

Cooking Matters for Adults

How to prepare and save money shopping for healthy meals on a limited budget. Hands-on activities, talking and learning about healthy eating habits and practicing cooking healthy meals. *Also available in Spanish, may vary by location.*

Lessons: Series of 6 (2 hours each)

For: Adults



Images were taken prior to national guidelines of face coverings and social distancing.

Cooking Matters for Parents

How to prepare, and save money shopping for, healthy meals on a limited budget. Hands-on activities, talking and learning about healthy eating habits and practicing cooking healthy meals. *Also available in Spanish, may vary by location.*

Lessons: Series of 6 (2 hours each)

For: Parents and caregivers of children

Cooking Matters in Your Community

Food-based demonstration in any community setting that teaches healthy eating and cost-saving food shopping messages. Includes food samples.

Lessons: One-time (20-30 minutes)

For: Adults and older adults

More curricula >>



Cooking Matters in Your Food Pantry

Food-based demonstration to encourage healthy eating and healthy food choices in a pantry or food-bank setting. Includes food samples.

Lessons: One-time (20-30 minutes)

For: Adults and older adults

Eat Healthy, Be Active

How to choose and prepare healthy meals and snacks and encourage healthy eating and physical activity habits. *Can be taught virtually. Also available in Spanish, may vary by location.*

Lessons: One-time or series of 6 (60 minutes each)

For: Adults and older adults

Eating Smart, Being Active

Focuses on healthy eating, physical activity, food safety, and food preparation on a budget. Hands-on activities and learning conversation.

Lessons: Series of 9 (90 minutes-2 hours each)

For: Parents and caregivers of children

Health U

Simple messages to encourage healthy lifestyles, using age-appropriate nutrition education materials.

Lessons: One-time or series of 6+ (60 minutes each)

For: Adults with mild to moderate intellectual and developmental disabilities

HomeStyles

Simple changes that encourage a healthy, happy home environment. Uses a colorful and fun mini-magazine guide. *Can be taught virtually. Also available in Spanish, may vary by location.*

Lessons: One-time or series of 6+ (20-60 minutes each)

For: Parents and caregivers of children

MyPlate for My Family

Hands-on activities and learning conversations about healthy food and physical activity choices. *Can be taught virtually.*

Lessons: One-time or series of 4 (45 minutes each)

For: Parents and caregivers of children

Seniors Eating Well

Engaging activities on important nutrition and physical activity topics to encourage healthy habits.

Lessons: One-time or series of 4 (45-60 minutes each)

For: Older adults

Gardening



Fresh from the Garden

Hands-on activities, talking and learning about the health benefits of vegetables, gardening, harvesting, and preparing healthy vegetable recipes.

Lessons: One-time or series of 4 (20-60 minutes each)

For: Adults



For more information contact:

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