



2021 Virtual Nutrition Pop-Up!



Join the Healthy SBCSS nutrition educators as they play and cook up interactive activities for your students before heading off to summer break!

Healthy SBCSS is offering a one-week series featuring either physical activity or cooking demonstrations paired with a nutrition lesson.

Each designated week will feature specific curriculum and activities.

- **CATCH:** Coordinated Approach to Child Health (CATCH) curricula focuses on physical activity.
- **Cooking Demonstration:** live cooking demonstrations promoting MyPlate and CalFresh recipes from the *Kids Get Cookin'* cookbook. Free cookbooks can be delivered to the school site upon request

Audience

4th and 5th grade students

Cost

No cost to participants.

Registration

<https://sbcss.k12oms.org/1517-199332>

Each day of the week will include a lesson.

Choose one of the weeks below when registering (you can register for a week of cooking demonstrations and CATCH if you choose).

April 12-16

10 to 11 a.m. | Cooking demo - 60 minutes

April 19-20

10 to 10:30 a.m. | CATCH - 30 minutes

May 3-7

10 to 11 a.m. | Cooking demo - 60 minutes

May 10-14

10 to 10:30 a.m. | CATCH - 30 minutes



Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit CalFreshHealthyLiving.org for healthy tips.

Transforming lives through education

Healthy SBCSS | Innovation and Engagement
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