

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

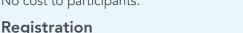
Audience

4th and 5th grade students

Cost

No cost to participants.

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.