THE HEALTHY FOOD, HEALTHY YOU PROGRAM

provides nutrition education classes, healthy food outreach, and food preparation demonstrations throughout the Bay Area. The goal of Healthy Food, Healthy You is to help low-income individuals, youth, and families gain the knowledge and skills they need to make better-informed choices about the foods they eat.

2016 IMPACTS

21 community site hosts

1623 students attended classes

86% learned about shopping and eating healthy on a budget

96% learned how to include more healthy foods in their diets

91% learned how to select and store fresh produce

25 received “kitchen in a box” kits

59 community outreach events

7500 people reached through community outreach events

49 community event partners

“...you really opened my eyes to eating fruits and veggies. Your classes have changed my life. Thank you so much!”

- Sirina

Healthy Food Healthy You Participant, 2016

* Survey results after completion of class(es)