Fresh Approach’s **HEALTHY FOOD, HEALTHY YOU** program provides nutrition education classes, healthy food outreach, and food preparation demonstrations throughout the Bay Area.

The goal is to improve the quality and nutritive value of food consumed by low income Bay Area families.

**2015 IMPACTS**

- **48** Outreach Events
- **9732** People reached through community outreach events
- **34** Community event partners
- **50** Classes taught
- **826** Students attended
- **21** Locations
- **40** Kitchen-in-a-Box kits given to repeat class participants

- **90%** Learned about the importance of fruits and vegetables and how to include more healthy foods into their diets
- **75%** Learned about shopping and eating healthy on a budget
- **91%** Learned about preparing new recipes and were excited to try them at home
- **81%** Learned about how to select and store fresh produce

For more information about our programs, please visit us at [FRESHAPPROACH.ORG](http://FRESHAPPROACH.ORG)