



Food Smarts is a nutrition education and cooking program for older adults. Food Smarts covers basic nutrition, serving sizes, balanced meals, kitchen safety, cooking skills, meal planning and other timely and relevant topics. Join with other seniors and learn new skills to help you live healthier!

Participants will learn to:

- ✓ Create a Meal Plan & Grocery List
- ✓ Decode Food Labels
- ✓ Eat Well When Low on Time/Energy
- ✓ The Grain Game
- ✓ Cook Healthier with Limited Resources



Join us for the fun and informative Food Smarts nutrition program that will help you develop new knowledge and skills, it's as Easy as 1-2-3!

Click on one of the five sessions below for a description and highlights

WEEK 1 - Setting the Stage for Healthy Choices
WEEK 2 - Simple Ways to Build a Wholesome Plate
WEEK 3 - Increasing Fruit and Veggie Consumption
WEEK 4 - Identifying Sources of Unwanted Sugar and Salt
WEEK 5 - Saving Money and Time with Shopping and Budgeting Strategies

Join other older adults in our Food Smart classes, whether In-Person or Virtual, it's as Easy as 1-2-3!

1. For In-Person Food Smarts classes, find locations, dates, and times listed on the [schedule of Food Smarts classes \(click here!\)](#)
2. For Virtual Food Smarts classes, you can find easy to use log-in instructions on the [schedule of Virtual Food Smarts classes and log-in instructions \(click here!\)](#)
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WEEK 1 - Setting the Stage for Healthy Choices

Participants relax and talk about food and its connection to other parts of their lives. Participants begin the workshop by sharing, and the group reflects upon their own history with food.

1. Which foods do you associate with your childhood?
 - Are these foods everyday meals or meals served on special occasions?
 - Do you make any of these meals for yourself now?
2. Who taught you about cooking, diet, and nutrition?
Who have you taught about cooking, diet, and nutrition?

Exploring Our Food History



Adult Workbook p. 6

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WEEK 2 - Simple Ways to Build a Wholesome Plate

Participants will learn simple ways to build a wholesome plate:

- ✓ Learn benefits of eating a diet rich in whole plant foods
- ✓ Name the parts of MyPlate
- ✓ Compare MyPlate and Healthy Eating Plate
- ✓ Learn the benefits of eating a variety of vegetables
- ✓ Discover new varieties of vegetables they can try
- ✓ Play the Grain and/or Bean game!



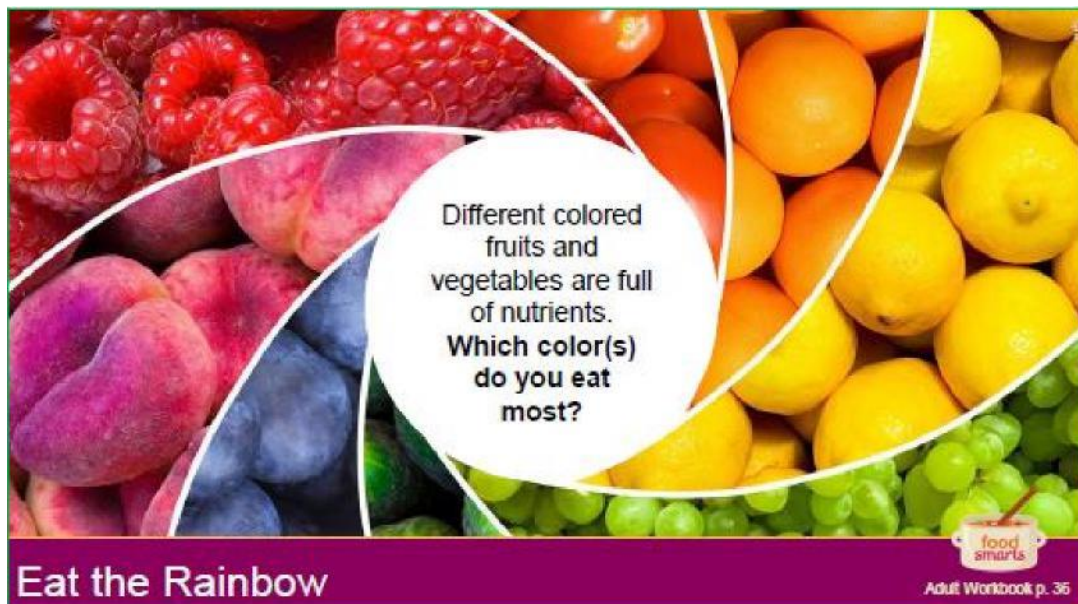
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WEEK 3 - Increasing Fruit and Veggie Consumption

Participants will learn how to eat more fruits and vegetables:

- v' Participants differentiate between “whole foods” and “minimally processed” and “very processed” foods.
- v' **Participants list reasons why whole foods and minimally processed foods are healthier.**
- v' **Participants differentiate between a whole grain and a refined grain.**
- v' **Participants can name different kinds of fats and when they should be used in cooking.**



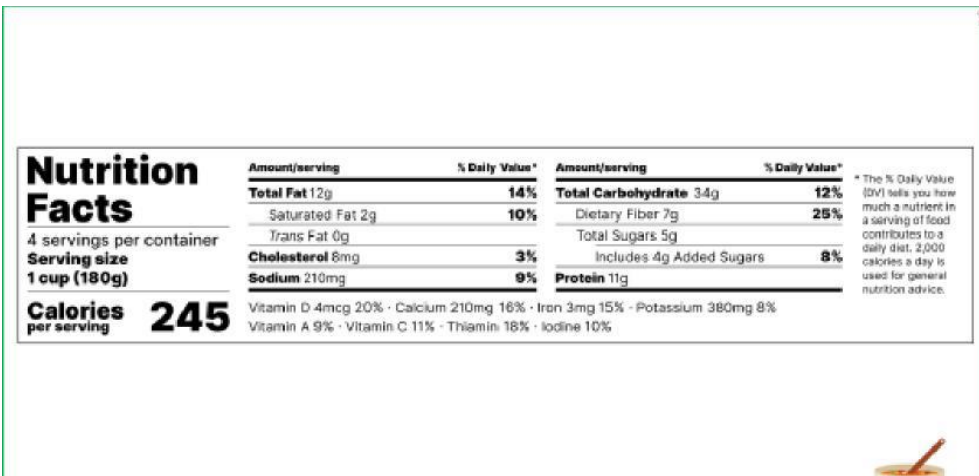
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WEEK 4 - Identifying Sources of Unwanted Sugar and Salt

Participants will learn how to identify sources of unwanted sugar and salt:

- ✓ Participants locate and identify different parts of a nutrition label.
- ✓ Participants develop criteria for determining whether a particular packaged food is a healthy choice.
- ✓ Participants also learn how to read a food label and pick the product that is healthier.
- ✓ Reading the nutrition facts label is an important skill to help you be healthy



Amount/serving		% Daily Value*	
Total Fat 12g	14%	Total Carbohydrate 34g	12%
Saturated Fat 2g	10%	Dietary Fiber 7g	25%
Trans Fat 0g		Total Sugars 5g	
Cholesterol 8mg	3%	Includes 4g Added Sugars	8%
Sodium 210mg	9%	Protein 11g	

4 servings per container
Serving size
1 cup (180g)
Calories per serving 245

Vitamin D 4mcg 20% · Calcium 210mg 16% · Iron 3mg 15% · Potassium 380mg 8%
Vitamin A 9% · Vitamin C 11% · Thiamin 18% · Iodine 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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WEEK 5 - Saving Money and Time with Shopping and Budgeting Strategies

Participants will learn how to save money and time with shopping and budgeting strategies:

- ✓ Apply knowledge about nutrition to create energy filled breakfast and lunch meals.
- ✓ Examine their energy levels and nutritional habits.
- ✓ Suggest changes for clients.

Tips:

- ✓ [Learn how to chop efficiently.](#)
- ✓ Use a sharp knife.
- ✓ Learn to eyeball measurements.
- ✓ Lay out equipment in the morning.
- ✓ Enlist helpers.
- ✓ Try a crock-pot or rice cooker.
- ✓ Double the yield.
- ✓ Prep veggies in bulk and freeze.



Eating Well When Low on Time or Energy

 Adult Workbook p. 27

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June 2024 Kern County Aging & Adult Services Food Smarts CalFresh Healthy Living Classes

*** New locations and classes added! Classes are In-Person or Zoom/Virtual as Indicated Below***

The classes immediately below are delivered in English.

To attend a scheduled class, please call our Health Educators Mary Barrios 661-868-1065, Irene Buirreta 661-868-7076, Lizet Diaz 661-868-1068, Mayra Figueroa 661-868-1098, Theresa Martinez 868-1080, or Jenny Villatoro 661-868-0889.

***Las clases en esta sección se imparten en inglés.**

Food Smarts

Date	Class	Time	Participant Group
6/28/24	Food Smarts	English 10:00 AM to 11:00 AM	Mill Creek Village Sr Apts Mill Creek Village Sr Apts, 508 18th Street, Bakersfield, 93301 In Person Class For Assistance, please email: barriosm@kerncounty.com
6/28/24	Food Smarts	English 1:00 PM to 2:00 PM	Mill Creek Courtyard Mill Creek Courtyard, 1303 S Street, Bakersfield, 93301 In Person Class For Assistance, please email:

The CalFresh Healthy Living Programs are presented by the Kern County Aging Adult Services Department through an agreement with the California Department of Aging. California's Healthy Living Program is funded by the United States Department of Agriculture (USDA). This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

Please click here to see other Kern County Aging and Adult Services available programs and class times:

<https://www.kerncounty.com/government/aging-adult-services/services/healthy-living-program>