



Youth Nutrition Education



breakfast

*

Eat

Lots

of Fruits & Vegetables

Community Nutrition Education Program





What type of lessons does the Fresh Start program offer?

Want more information?

For more information about the program, contact the Tulsa Community Nutrition Education Program at 918.746.3703.

Is this program for you?

The Youth Nutrition Education Assistants give a series of free nutrition lessons to children in a variety of group settings, including school classrooms, recreation centers, health fairs, and public housing projects.

How much does it cost?

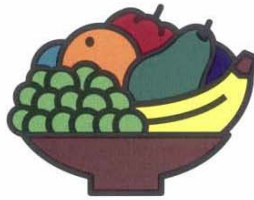
It is a free service, and the Nutrition Education Assistant will come to your facility for the lessons.

Food Guide Pyramid
and
Serving Sizes

Food Safety

Importance of Eating Breakfast

Healthy Snacking



Eat Healthy Foods
Prepare Foods Safely

Eat a Good Breakfast

Eat Lots of Fruits & Vegetables



Eat Healthy Foods *



* **Prepare Foods Safely** * **Eat & Good**

**Community Nutrition
Education Program**

**Oklahoma Cooperative
Extension Service**

Tulsa County

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Funding for the Fresh Start program comes from the Oklahoma Cooperative Extension Service, the Oklahoma Department of Human Services, and the United States Department of Agriculture.

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