# NLCP Education Programming Framework

## Community Engagement

•Neighbors Helping Neighbors, leverage the community

## Accessibility

 a inclusive space; respectful space; respect of time; resources

#### Mental/Physical Health

•self-esteem; confidence; happiness; overall health

## Skill Building

 organization; personal development; food knowledge; cooking;

### Sustainability

•Flexible, responsive, targeted, evaluate

# **Evaluation**

Evaluate education offerings through family and stakeholder interviews.

Modify educational offerings, times, and content to better engage families to increase participation based on family feedback.

## **Food Production**

•We will provide resources and education to assist families in producing their own food.

## **Healthy Food Preparation**

•We will provide resources and education (taste-testing; demonstrations) to assist families in preparing their own food.

# Choosing Healthy Foods

•We will encourage healthy eating habits by providing nutrition information and ensuring healthy foods are available at the Pantry.

# Goals

- -10% of families participating will begin home gardening
- -Enable families to grow food for their own consumption
- -80% of families & volunteers who sample healthy foods will report they taste good
- -Improve family health as a result of healthy food choices
- -% of families that report eating 5+ servings of fruit and vegetables
- -Average of 2 lbs. of produce per family visit
- -50 families from all sectors of the community will participate annually