



Community Nutrition

Lowcountry Food Bank

The goal of LCFB Nutrition Education programming is to engage individuals and families living on a limited budget in preparing, selecting, and eating delicious meals. The LCFB Nutrition Education team provides classes, materials, coaching, and training for our community partners. Together we create environments that empower our neighbors with knowledge, tools, and skills to create healthy lifestyles.

Signature Cooking Matters courses

A 6-lesson cooking course and all the fixings brought to the community. Partners serving families living on a limited budget recruit adults, seniors, or families to participate in a hands-on course. Our team of volunteer chefs and nutrition educators teach meal preparation, grocery shopping, food budgeting, and nutrition. Each week, participants cook in class and take home a bag of groceries to practice at home.

Shopping on a Budget class

A 90-minute lesson providing families with key skills that make planning and shopping for healthy, affordable, and delicious meals more attainable. Lessons can be held at a local grocery store or brought to your facility. Participants practice the skills they learn by using a \$10 gift card to select food to take home and prepare a balanced meal.

Kids in the Kitchen series

Hands-on nutrition education for children in 2nd and 3rd grade. This 6-lesson nutrition series engages children in nutrition activities and preparing a balanced snack together.

Recipe Sampling and Education tables

Interactive recipe tastings and education tables allow for individuals who visit a food pantry to taste a new recipe or practice a skill to overcome barriers to preparing and selecting nourishing meals.

Online Learning Center

An online learning management system for partner staff and volunteers to learn about specific strategies such as creating a welcoming space, setting up a choice pantry, and using nudge strategies to encourage healthy behaviors.