

Overview

- 3 Classes
 - **Class 1: The Power of Five: Building Healthy Eating Habits**
 - **Class 2: Getting the Most from Your Food Prescription**
 - **Class 3: Healthy Eating Beyond Your Food Prescription: Balanced Meals on a Budget**
- Tentative dates: August 11, 18, 25
- Target audience: Medicaid members participating in NYS1115 Waiver
 - Nutrition Education will be geared towards adult
 - Children allowed - but education will be at the adult level

Chisel action steps

- Confirm community kitchen available on tentative dates
- Please provide roster of members to NEFA ***PLEASE PROVIDE NAMES ON ROSTER PRIOR TO PLACING REFERRALS so we can mark them as for the class***
 - For each member please place following referrals to Nutrition Education For All:
 - Food Prescription
 - Nutrition Education & Counseling
- Prior to each class, purchase necessary ingredients from NEFA grocery list

NEFA action steps

- Approve and support all members in setting up Food Prescription prior to class start date
- Prepare powerpoint presentations
 - Presentations will be shared with members who provide their email after each class
- Send grocery list to Chisel before each class