

Safe Food Handling Training

Safe Food Handling Training is offered quarterly or more often as needed. Classes take place at Second Harvest.

Class fee: \$10 per participant, cash only. Upon completion of the class, participants receive a food handler certificate.

Food handler training is also available online at:

www.safewayclasses.com

*MOA requires at least one individual on the agency account to have an active food handler certificate.

<http://partners.feedhopenow.org/calendar/>

Visit the **PARTNER WEBSITE** for the latest nutrition news and events!

www.partners.feedhopenow.org

CONTACT US:

Chef Terah Barrios

Nutrition Educator

tbarrios@feedhopenow.org

407-514-1057

Amanda Sintes, MPH

Nutrition Manager

asintes@feedhopenow.org

407-353-5138

Please share your comments and suggestions.



NUTRITION EDUCATION

**New and Exciting
Opportunities for
Partner Agencies!**

Second Harvest
FOOD BANK
OF CENTRAL FLORIDA

Cooking Demonstration & Food Sampling

*Available on-site at your location!
Free of charge.*

Are your clients interested in healthy recipes? Do you distribute items that clients are unsure how to prepare?

Chef Terah can show your clients how to prepare fresh produce and pantry items in healthy and delicious ways.

If a cooking demonstration is not appropriate for your location, food samplings can be offered with a recipe.

Contact Chef Terah today! Her contact information can be found on the back page.



Nutrition Classes for Clients

*Available on-site at your location!
Free of charge.*

If you have a captive audience and would like to host a 30-60 minute class for clients, contact Chef Terah.

Topics include:

- *Seniors Staying Healthy and Active*
- *Eating the MyPlate Way*
- *Ways to Eat More Fruits and Vegetables*

...and more!

Class series available.



Nutrition Training for Staff

*Available on-site at your location!
Free of charge.*

Would your staff and volunteers like to learn more about healthy eating? Do they know the basic food groups? Would they like to learn how to promote healthier foods to clients?

Chef Terah can provide training on the basics of nutrition and how to promote healthy options to clients.

Class series available.

Feeding Programs:

Meal-planning support is also available.

