

Are you looking to provide the  
Afterschool Snack or Supper Program  
and need a quality enrichment activity?

# FREE NUTRITION EDUCATION LESSONS AVAILABLE!

The Purdue Extension Nutrition Education Program  
provides free, engaging nutrition education that  
meets Indiana's academic standards.

- Available for Pre-K through High School, Ages 3-18
- Schools must be 50% or more free/reduced
- Lessons range from 15 minutes to 1 hour
- Can be virtual or in-person

## Topics include:

- Physical Activity
- Energy Balance
- Snack Preparation
- Beverages
- Fast Food
- Screen Time
- Breakfast
- Bone Health

visit [eatgathergo.org/free-programs](https://eatgathergo.org/free-programs)  
to sign up!



Extension - Nutrition  
Education Program