

Are you looking to incorporate nutrition education into your virtual learning?

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 to sign up!



Extension - Nutrition Education Program