What are the Simply Good Eating Programs?

University of Minnesota Extension’s Simply Good Eating Programs provide practical tips to families and individuals for making healthy choices in food and activity on a limited budget. Nutrition Education Assistants deliver a several-week series or one-time classes to a variety of audiences at many different types of locations: children in grade school and after school programs; pregnant and parenting teens at school; and adults at community centers, shelters, Basic Education programs, recovery programs, food shelves, Early Childhood and Family Education classes, and workforce centers. Programs for new immigrant families can be offered in various languages.

What are the goals of the Simply Good Eating Programs?

The goals are to provide support for low-income families to eat healthier foods, to be more physically active, and to encourage participation in the federal food support program. The program is provided at no cost to income-eligible participants.

Who are the community partners?

The nutrition educators in University Extension’s Simply Good Eating Programs welcome partnerships with schools, community centers, public or private organizations, non-profit groups—anyone interested in learning more about good nutrition on a budget.

What are some of the benefits of the Simply Good Eating Programs?

The staff of the Simply Good Eating Programs work with the community to help make healthy choices the easy choices, and offer classes that teach participants how to:

- Shop for groceries that will produce healthy meals for the family year-round
- Develop food budgets that stretch limited food dollars
- Control portions and fat content for meals that are good for heart health and managing chronic conditions such as diabetes
- Expand cooking skills

Contact: Fay McLain, Extension educator for health and nutrition, University Extension
mclai001@umn.edu, 612-624-4827
www.extension.umn.edu/Health