

Providing nutrition and health education while supporting leaders in the movement for community well-being

## NUTRITION AND WELLNESS EDUCATION



Our Super H (ages 2–18), Comprando Rico y Sano (adults) and staff initiatives reinforce healthy living through:

- Nutrition education
- Cooking demonstrations
- Family cooking nights
- Grocery store tours
- Fitness activities

## LEADERSHIP DEVELOPMENT

We mobilize our participants in advocacy efforts and train individuals to become Community Navigators and deliver Know Your Rights information and resources to immigrant families.



## FY18 HIGHLIGHTS

**565** adults attended **6** hours of nutrition education

**9894** individuals received Know Your Rights training

**42** children participated in the 10-week Super-H health education class

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