

## Fit Kids FEED Project

*Increasing the number of adolescent youth in the Healthy Fitness Zone through education, training and counseling to address the root causes of obesity.*

## What does Fit Kids-FEED Project provide to the community?

### Sessions with Youth:

- Nutrition education designed to increase knowledge, attitude, and self-efficacy.
- Experiential garden-enhanced education to expose youth to seasonal fresh produce.
- Active living education to increase minutes of physical activity and encourage fitness.

### Session with Adults/Families

- Cooking and Nutrition Education courses with adults using the effective Cooking Matters curriculum; designed to increase knowledge of healthy food preparation.
- In-home based counseling sessions on nutrition to increase self-efficacy for healthy eating with a dietician and physical activity through guided counseling sessions with a personal trainer



## What are Fit Kids program objectives?

- Youth will increase knowledge on nutrition and physical activity by participating in a minimum of 24 hours of age-level appropriate education sessions focused on obesity prevention/intervention.
- Parents/Adults will gain healthy food preparation, budgeting, and shopping skills by participating in a minimum of 8 hours of the successful Fruit, Vegetable, and Physical Activity Toolbox for Community Educators as well as the Cooking Matters curriculum.

## Benefit and Impact of Partnerships

- Strategic partnerships serve Sacramento, El Dorado, and Yolo county youth and diverse populations.
- HEC collaborates to address unmet needs in promoting nutrition, food access, safety, youth engagement, and community development.
- Partners and youth participants gain access to the full-scale teaching kitchen and a tour of the Grant High School Geo-garden located in North Sacramento.