

GREATER AUGUSTA

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Available Curricula

Preschool: Literacy, Eating, & Activity for Preschoolers (LEAP)



Grades K-2: The OrganWise Guys

Grades 3-7: Choose Health



Grades K-5: Fresh Fruit & Vegetable Program

Grades 8-12: Teen Cuisine



Augusta VCE

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@VaFamilyNutrition

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Virginia Cooperative Extension Family Nutrition Program

The VCE Family Nutrition Program (FNP) helps limited income children and families acquire the knowledge and skills necessary to practice a healthier lifestyle. FNP staff and trained volunteers support schools with 50% or more students eligible for free and reduced meals. In qualifying schools, they teach participants the skills to make healthy choices, prepare nutritious snacks, and become more active for optimal health. FNP is also committed to encouraging healthy lifestyle changes through partnerships with School Health Advisory Boards, Health Coalitions, and other community organizations by facilitating policy, systems, and environmental changes that promote access to affordable, nutritious foods and physical activities.



Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program
www.eatsmartmovemoreva.org

Program Outcomes

Youth served	597
Hours of nutrition ed.	34

- Craigsville Elementary
- Wayne Hills Center
- Wenonah Elementary
- William Perry Elementary

Reality Grocery

On October 17th in collaboration with the Greater Augusta Wellness Partnership, we offered a Reality Grocery Simulation to 17 students at the Waynesboro Boys & Girls Club. The messages of the simulation include food choices and budgeting.



Get Fresh: Families, Food, and Fun

Get Fresh is a collaborative partnership with VCE FNP, Augusta Health, Blue Ridge Area Food Bank, Project GROWS, Murphy Deming School of Health Sciences, and Waynesboro Public Schools to provide multi-faceted nutrition education experiences for the students and families at William Perry Elementary in Waynesboro. VCE FNP provided a cooking and nutrition education class for 37 students and parents in October.

Eat Smart Move More: How to Cook for a Healthy 2019



- Choose whole grain versions of your usual bread, rice, tortillas, and pasta
- Opt for planted-based protein and leaner cuts of meat
- Use herbs & spices for flavor instead of salt
- Switch to olive, canola, or vegetable oil instead of butter, shortening, and lard

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