

Nutrition and Food Skills Education Resources

Below you will find a chart of nutrition and food skills education resources. The list is divided into two parts. The first part provides resources for partners who wish to continue implementing nutrition and food skills education through their organization. The chart gives a sampling of information about the resource, including who the intended audience is for the resources, where it is available in Colorado, the commitment level needed for implementation (this may include cost of materials, staff time and/or duration of the program), and a very simplified summary of the resource.

The second section of the list includes resources that community members can access directly. These resources may be shared through partners with the communities that they engage with. The chart consists of similar categories to the partner-facing list.

This is not an exhaustive list of all the nutrition and food skills education materials available, but it may make the search for resources easier as organizations transition away from SNAP-Ed funded programs.

Partner Facing:

Program link	Intended Audience	Location	Commitment level (high/medium/low)	Program Summary
Cooking Matters Curriculum	Kids, Teens, Parents, Adults, Families	statewide	high	Online food skills education curricula, free to download
Cooking Matters Healthy Pantry Toolkit	Food Pantry Operators	statewide	high	Training and tools for healthy practices in the food pantry setting
Cooking Matters Food Skills Flyers and Images	Adults, Parents	statewide	low	Downloadable nutrition promotion materials
Cooking Matters and School Wellness Program Corner Store Toolkit	Corner Store Operators	statewide	Medium	Training and tools for implementing healthy practices in the corner store setting.

Pilot Light Youth Curriculum	PreK-12th grade	statewide	medium	Downloadable nutrition lessons by grade to be delivered by a teacher
Leah's Pantry	All ages	statewide	varied	Variety of nutrition curricula, trainings and costs associated.
Healthy Food for Denver Kids Curriculum Database	Youth	statewide	varied	A variety of food education materials and lessons
Expanded Food and Nutrition Program	3rd grade, teens and adults	Adams, Arapahoe, Denver, Jefferson, Larimer and Weld Counties, in-person	High	In-person lessons delivered by a peer educator
SNAP-Ed Toolkit/Intervention Library	All ages	statewide	varied	Database of evidence-based resources for direct nutrition education and policy, systems and environmental change activities
State Nutrition Action Council	Any organization that intersects with food and nutrition security	statewide	Medium	Information sharing network
School and Community Wellness Program Nutrition Lessons and Physical Activities	Toddler to 5th grade	statewide	Medium	Downloadable nutrition lessons by grade to be delivered by a teacher; downloadable physical activities
School and Community	Adults, Parents and Caregivers	statewide	Medium	Downloadable adult education

Wellness Program Parent/Caregiver Nutrition Education				
School and Community Wellness Program Policy, Systems, and Environment	Preschools and Elementary School Staff	statewide	Medium	Downloadable Policy, System, and Environment Toolkits for Preschool and K-5 Elementary School
School and Community Wellness Program Policy, Systems, and Environment	Food Pantry	statewide	Medium	Food Pantry Policy, System, and Environment Assessment; Food Pantry Taste Testing Protocol
Text2LiveHealthy	Parents, Community members, older adults (English/Spanish)	statewide	low	Free nutrition and physical activity, mhealth outreach effort with campaigns for parents of children, community members and older adults
Food Hero	Schools, children, older adults	Statewide	varied	Recipes, gardening tips, classroom, cafeteria and school wellness
https://www.foodplay.com/free-materials/free-materials/	Children, adults	statewide	varied	Newsletters, activity sheets
Nourish Colorado	Community	statewide	varied	Updates on policy and legislation information across the food

				system
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Community Facing:

Program link	Intended Audience	Location	Commitment level (high/medium/low)	Program Summary (all programs are free)
Lantern MEAL and COOK channels	Parents	statewide, on a phone	Low	Text messages focused on food access and education
Cooking Matters: Recipes , Tips and Videos	Adults and parents	Statewide, online	Low	Website with tips, videos and recipes for eating healthy
Eat Better Together Colorado	Adults	Statewide, online	Low	Website with tips and recipes for eating healthy
Expanded Food and Nutrition Education Program	3rd grade, teens and adults	Adams, Arapahoe, Denver, Jefferson, Larimer and Weld Counties, in-person	High	In-person lessons delivered by a peer educator
CSU Extension	Online information, adults	Statewide, online	low	A variety of food and nutrition materials are available to search
Pilot Light Family Lessons and videos	Families	Statewide, Online	low	Online food and nutrition lessons for families connected to educational topics
Metro Caring	Variety of programs for all ages	Denver, in-person	Medium	In-person food and nutrition programs. Registration is

				required.
Grow Haus	A variety of programs for all ages	Denver, in-person	Medium	In-person food and nutrition programs. Visit the website to learn more
ReVision	Focus on youth and families	Denver, Westwood Neighborhood, in-person	High	In-person food and nutrition programs. Visit the website to learn more
Valley Food Partnership	Families	Montrose and Delta Counties	high	Produce Rx program including nutrition education
Larimer County Food Bank	Cooking Matters classes for all ages	Larimer County	varied	Hands on nutrition and food skills lessons
Weld County Public Health	Cooking Matters programs for Adults, Parents and Families	Weld County	varied	Hands on nutrition and food skills lessons
Routt County Extension	Cooking Matters classes for all ages	Routt County	varied	Hands on nutrition and food skills lessons
Vuela for Health	Cooking Matters classes for all ages	Denver	varied	Hands on nutrition and food skills lessons
Denver Inner City Parish	Nutrition education for youth and adults	Denver	Varied	Online tips and recipes, education at meal sites and series-based lessons
Southwest Food Coalition	Nutrition education	Denver	Varied	Nutrition education

	lessons for youth, adults and child care providers			lessons and series, and nutrition and food demonstrations at events.
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