



FOOD BANK
OF NORTHERN NEVADA

Nutrition On Wheels December 2023

ALL CLASSES ARE FREE OF CHARGE AND OPEN FOR WALK-INS.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Desert Skies MS 9-11am	5 Sparks Christian Fellowship 9-11am WC Health District 130-230pm	6 Peppermill Casino 1-2pm	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

POP UP NTR CLASS= Nutrition Classes NOW= Nutrition on Wheels

See back side for program information and site addresses.
www.FBNN.org | (775) 331-3663

The Food Bank of Northern Nevada’s ***Nutrition Education*** programs teach adults and children about nutritious food choices, simple food preparation, safe food handling, getting the most nutrition with a limited food budget and increasing physical activity for healthy living.

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NUTRITION ON WHEELS

The Nutrition on Wheels program (NOW), is provided by the Food Bank of Northern Nevada at Mobile Harvest and Produce on Wheels distribution sites. The Food Bank’s Mobile Harvest & Produce on Wheels truck delivers fruits and vegetables into 40+ neighborhoods every month, year round. Families who otherwise cannot access or afford to buy fresh produce come to meet the truck at a site in their neighborhood, and go home with a generous supply of produce and other perishable foods, including dairy, yogurt, etc. A bilingual nutrition educator sets up a table with recipes and other useful information and talks with clients about pertinent nutrition topics in the form of a short nutrition lesson.

El programa de Nutrition on Wheels (NOW), es proporcionado por el Food Bank of Northern Nevada en los sitios de distribución de Mobile Harvest y Produce on Wheels. El camión de Mobile Harvest & Produce on Wheels reparte frutas y verduras en más de 40 barrios cada mes, durante todo el año. Las familias que de otro modo no pueden acceder o alcanzar comprar productos frescos ven al camión en un lugar de su barrio, y vuelven a casa con un generoso suministro de productos y otros alimentos perecederos, como lácteos, yogur, etc. Un educador de nutrición bilingüe pone una mesa con recetas y otra información útil y habla con los clientes sobre temas de nutrición pertinentes en forma de una breve lección de nutrición.

SMART SHOPPER | EL COMPRADOR INTELIGENTE

Smart Shopper is a series of classes offered by the Food Bank of Northern Nevada that promotes a healthy lifestyle on a budget. Each session consists of 7, hour and a half long classes. Each class incorporates discussions, activities, food tastings, and time to be physically active. Classes are hosted by neighborhood schools and community organizations.

El Comprador Inteligente es una serie de clases ofrecidas por el Banco de Comida del Norte de Nevada que promueve un estilo de vida saludable con un presupuesto. Cada sesión consiste de 7 clases de 1 horas y media. Cada clase incorpora discusiones, actividades, degustaciones de comida y tiempo para estar físicamente activo. Las clases son organizadas por escuelas del vecindario y organizaciones comunitarias.

SENIORS EATING WELL

Seniors Eating Well is a series of classes offered by the Food Bank of Northern Nevada that aims to improve the health, nutrition knowledge and behaviors of older adults. It focuses specifically on reducing sodium intake, increasing healthy fats, healthy snacking, preparing fruits, vegetables & whole grains, reading nutrition labels, and physical activity. Each session consists of 8, one hour classes on a specific topic.

SITE ADDRESSES | DIRECTION DE SITIO

Nutrition on Wheels (NOW)				
Desert Skies MS 7550 Donatello Dr. Sun Valley, NV 89433	Echo Loder ES 600 Apple St. Reno, NV 89502	Community Health Alliance 1055 S. Wells Ave. Reno, NV 89502	Baldini’s Casino 865 South Rock Blvd. Sparks, NV 89431	Sparks Christian Fellowship 510 Greenbrae Dr. Sparks, NV 89431
Silverada Manor 1400 Silverada Blvd. Reno, NV	McGraw Court 2455 Orovada St. Sparks, NV	Sierra Manor Apartments 2350 Paradise Dr. Reno, NV	Metropolitan Gardens 325 E. 7th St. Reno, NV	Vintage Hills 4195 W. 7th St. Reno, NV
Neil Rd. Recreation Center 3925 Neil Rd. Reno, NV 89502	Peppermill Casino 2707 S. Virginia St. Reno, NV 89502	Crosswinds Assembly of God 2100 El Rancho Dr. Sparks, NV 89431	Sun Valley Church of Jesus Christ LDS 570 East 4th Ave., Sun Valley, NV 89433	

Pop up Nutrition Class | Clase de Nutrición

St Francis of Assisi 160 Hubbard Way F Reno, NV 89502				