



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Sparks Christian Fellowship 9-11am Northern Nevada Public Health 130-230pm	7 The Community Food Pantry 10am-12pm Peppermill Casino 1-2pm	8	9	10
11	12	13 Adventist Community Services Pantry (COI) 10am-12pm St. Francis of Assisi Pantry 1-3pm	14 Sparks Christian Fellowship Pantry 10am-12pm	15 Adventist Community Services Pantry (COI) - Golden Groceries 10am-11am Renown Pantry 12-3pm	16	17
18	19	20 Silverada Manor 9-10am Metropolitan Gardens 1030-11am Vintage Hills 1130am-12pm	21 Baldini's Casino 9-11am	22 Echo Loder ES 9-1030am Second Baptist Church 1230-130pm	23	24
25	26	27	28 Neil Rd Recreation Center 9-11am Community Health Alliance 1-2pm	29		

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.

NUTRITION ON WHEELS (NOW)

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.

SITE ADDRESSES / DIRECCIONES DE LOS SITIOS

Northern Nevada Public Health System 1001 E. 9th St., Bldg B, Reno, NV 89512	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	Adventist Community Services Pantry (COI) 1095 E. Taylor St., Reno, NV	The Community Food Pantry 1135 12th St., Sparks, NV	Metropolitan Gardens 325 E. 7th St. Reno, NV	St. Francis of Assisi Pantry 160 Hubbard Way, Suite F, Reno, NV
Neil Rd. Recreation Center 3925 Neil Rd. Reno, NV 89502	Peppermill Casino 2707 S. Virginia St. Reno, NV 89502	Renown Food Pantry 1095 E. 2nd St., Reno, NV	Vintage Hills 4195 W. 7th St., Reno, NV	Vaughn Middle School 1200 Bresson Ave., Reno, NV 89502
Second Baptist Church 1265 Montello St. Reno, NV 89512				