



ADULT EDUCATION

Let's Talk and Eat Vegetables - Presentation Topics

Select the presentation that works best for you and your audience.

Presentations are given on-site at your Older Adult Center. All presentations review benefits that can be used at NYC farmers markets (eg. SNAP/EBT, Health Bucks, Farmers Market Nutrition Program coupons), information about what is currently in season at local Greenmarkets and Farmstands, and fun facts about local produce.

Handouts and food tastings are offered at each presentation. These topics can be presented to any group at any time of the year. Presentations are 45-60 minutes in length.

Reach out to the presenter if you have questions or would like assistance selecting the ideal topic for your group.

Presentation Options - Materials Developed by GrowNYC

- Sugar
- Salt/Sodium
- Fiber
- Healthier Eating for a Healthier Heart

Presentation Options - Materials Developed by NYC Health

- Beans
- Cut the Salt!
- Fiber: Are You Eating Enough?
- Fruits and Vegetables at the Farmers Market
- Healthy Beverages
- Healthy Portion Sizes
- Just Say Yes to MyPlate
- Planning MyPlate Meals
- Reading Food Labels
- Reduce Food Waste
- Storing Fruits and Vegetables

Presenter: Susie Spodek, *Adult Education Coordinator.* sspodek@grownyc.org



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Presentation Options - Materials Developed by NYC Health

- A Well-Stocked Kitchen
- Be Food Safe
- Benefits of Beans
- Benefits of Eating Fiber
- Buying in Season
- Cook at Home to Cut the Salt
- Easy Ways to Freeze Produce
- Eat the Rainbow
- Every Sip Adds Up
- Fiber-Rich Food
- Healthy Beverages
- Leafy Greens
- Make Half Your Plate Fruits and Vegetables
- Meal Makeover
- Meal Planning
- Money Saving Tips
- MyPlate for Healthy Eating
- MyPlate Menu
- Plant Proteins
- Understanding Hunger and Fullness Signs
- Reading Nutrition Facts Labels
- Reading Ingredients Lists
- Reduce Food Waste
- Season with Herbs and Spices (and More!)
- Where is it Stored?

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