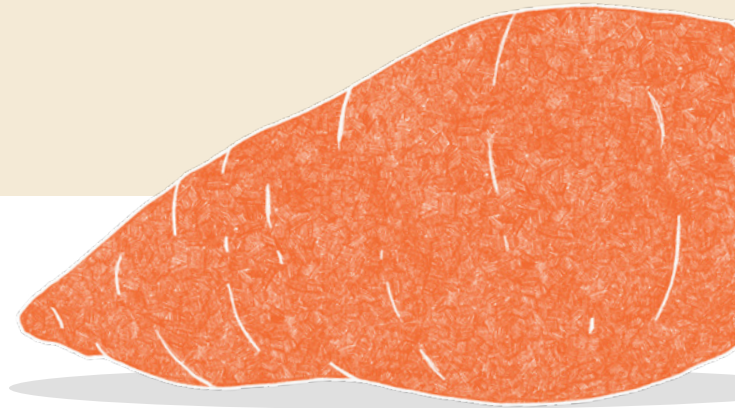


# Do you know...



**what 2000mg of salt  
really looks like?**

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**how to think about  
cooking in colors  
over calories?**

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**six delicious ways  
to eat sweet potatoes?**

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**Does your community?**

## **A DEEP-ROOTED CHALLENGE**

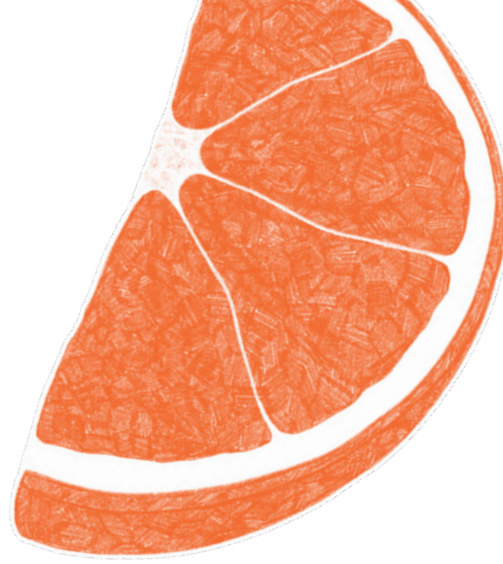
As our world caters to a culture of *faster* and *now* and the miles between farm to fork grow, cooking and gardening are less-than-common knowledge. The food we eat is often as foreign as what to do with it.

Over the last decade, Texas has been battling an obesity epidemic with staggering rates of chronic health issues such as diabetes, cardiovascular disease, and stroke—some of the leading causes of preventable death. More than one third of all adults in Texas are obese, ranking Texas eighth highest among states in the U.S.

## **A HANDS-ON SOLUTION**

Behaviorally-based nutrition education classes with cooking lessons have shown to be an effective way to improve health for individuals and families. The Nourish program's state-of-the-art training and educational facilities utilize "seed-to-plate" prevention curricula that enhances the learning of strategies associated with successful behavior change as it relates to chronic disease.

# HOW GOOD FOOD WORKS



**From the garden to the kitchen to the comfort of your home.**

## **COMMUNITY OUTREACH PROGRAM**

Nourish teaches participants how to unlock the remarkable potential of what we eat, celebrating both the emotional and functional role food plays in our lives.

With an emphasis on hands-on techniques rooted in the belief that we learn best by doing, Nourish community wellness classes are tailored to your team and taught by our registered dietitian nutritionists, chefs, and behavioral scientists.

## **NOURISH TEACHING KITCHEN CLASSES**

Participants learn how to make healthy food taste delicious, translating nutrition science into practical and personalized advice.

## **NOURISH TEACHING GARDEN CLASSES**

Participants prepare produce harvested from our on-site holistic garden, learning where food comes from and how to grow what we eat seasonally and sustainably.

## **TRAVELING TEACHING CLASSES**

We tailor our world to yours and bring the classroom to you, conducting in-house culinary and nutrition education classes from Nourish's portable kitchen.

**nourish**

  
**UTHealth**  
The University of Texas  
Health Science Center at Houston  
School of Public Health

Want more dirt? (713)500-9347 | [showme@howgoodfoodworks.org](mailto:showme@howgoodfoodworks.org)

