

# Operation**Frontline**

## Program Overview

The Houston Food Bank partners with Share Our Strength to offer Operation Frontline, a national nutrition education program developed to address food insecurity and hunger by promoting short- and long-term solutions. People with skills in nutrition, cooking, food budgeting and food safety are better able to provide nutritious food for themselves and their family thus improving health, stretching limited resources, and moving toward self-sufficiency and improved, more-secure lives.

The courses are based at agencies of the Houston Food Bank such as shelters, church kitchens, and food pantries. The Houston Food Bank recruits and trains volunteer chefs, culinary students, registered dietitians, dietetic technicians and nutrition students to teach the courses. Each course includes 10-15 participants.

Each Operation Frontline course contain four to six lessons (four-week classes for children, six-week classes for adults). They include:

- **Eating Right:** Low-income adults learn about the importance of a balanced diet, basic cooking and food budgeting skills, exercise, and good food safety practices.
- **Kids Up Front:** At-risk children, ages 8-12, receive hands-on nutrition education using the food guide pyramid.
- **Side-by-Side:** School age children and a parent or guardian come together in the kitchen to learn about healthy eating. Topics include fast foods, school meal programs and family dining strategies.
- **The Power of Eating Right:** At-risk teenagers are provided the opportunity to work hands-on with volunteer chefs and nutritionists.
- **Eating Well:** Adults living with HIV/AIDS learn basic cooking, nutrition and food safety skills while watching their budgets.
- **Step Up to Eating Right:** Teen parents learn healthy eating, variety, balance, and moderation through hands-on cooking.
- **Saving Smart Spending Smart:** Adults learn financial planning skills, including how to develop a savings plan, handle a paycheck and shop effectively.

## How to Get Involved

- Culinary and nutrition professionals and students can volunteer their time, talent and expertise to teach a course.
- Donations of foods or grocery gift certificates for the curriculum, kitchen tools and graduation gifts are needed.
- Make a donation to the Operation Frontline program through the Houston Food Bank. Gifts of any amount are welcome.

### Contact

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