



Food Distribution Program on Indian Reservations (FDPIR) Nutrition Education

Nutrition education is changing the way program participants cook and eat.

Of the respondents who picked up educational materials or took part in nutrition education activities:

- An estimated **52%** made changes to their cooking or eating
- Of those who made changes, **40%** used the recipes offered



Nutrition education activities and materials include:

- Cooking demonstrations
- Taste tests
- Recipes
- Cookbooks
- Calendars
- Newsletters
- Fact sheets
- Workshops



Nutrition education topics are culturally relevant and geared towards the specific needs and interests of FDPIR participants.

Examples include:

- Healthy eating patterns
- Dietary Guidelines for Americans and MyPlate
- Food preparation and food storage
- Food safety
- Food systems
- Gardening
- Traditional and local foods

