

## Healthy cooking and nutrition classes

In collaboration with Brass City Harvest, Naugatuck Partnership for Children has been able to offer cooking and nutrition classes at Andrew Ave and Hillside students in grades 2-6. These 6 week, 2 sessions a week classes focused on healthy eating, portion size, label reading, conversion of sugar from grams to teaspoons, writing recipes, food safety, proper cutting techniques and hands on cooking. This program was sponsored by the Elisha Leavenworth Foundation.











