



PICK IT! TRY IT! LIKE IT!

The Greater Baton Rouge Food Bank's *Pick It, Try It, Like It!* program is a monthly education intervention for adolescents and adults that focuses on obesity prevention in school, community, and family settings by increasing consumption of fruits and vegetables through providing individuals with information on selecting, preparing, and sampling fresh produce. It is designed to improve cooking skills, healthy eating, nutritional awareness, and healthy behaviors.

Through hands-on cooking, facilitated conversations nutrition concepts, and taste-testing this program is purposed to enhance nutritional well-being, dietary habits and achieve long-term health outcomes in relation to increased knowledge.



WHO TO CONTACT

Contact Kyra Anderson, Senior Nutrition Services Coordinator for more details at 225-359-9940 | kyra@brfoodbank.org.

