



La Familia / Casa y Campo Project Promotora Program

Nutrition Lesson # 6: Get the Help You Need!

By the end of the lesson the participant will have:

- Reviewed the guidelines for government programs for non-emergency assistance
- Identified non-governmental programs for emergency assistance in her area

Materials:

- Resource Guide: WIC service and food pantry locations
- Brochure: *Have recent events reduced your family's income?* (School Lunch Program)
- Brochure: *A Small Reason to Know If It's Possible To Get Food Stamps*

Help the participant learn about government programs for non-emergency assistance:

Assessment:

- At what time of year do you think that people usually need help with food?
- Do you know someone who has had to get food assistance through WIC, free reduced price school breakfast and lunch, or the food stamp program? How did they apply?
- What was their experience like?

Activity:

Review brochures for the school breakfast/lunch program and the food stamp program.

Reflection:

- What would you tell a friend about the free/ reduced school breakfast and lunch program or the food stamp program if she had questions?

Help the participant learn about non-governmental programs for emergency assistance in her area:

Assessment:

- What do you know about food pantries and food banks?

Activity:

Review Resource Guide to find one in the participant's area.

Reflection:

- If you had a friend that needed food, how would you help her find assistance?