Providing nutrition and health education while supporting leaders in the movement for community well-being

**Nutrition and Wellness Education**

Our Super H (ages 2–18), Comprando Rico y Sano (adults) and staff initiatives reinforce healthy living through:

- Nutrition education
- Cooking demonstrations
- Family cooking nights
- Grocery store tours
- Fitness activities

**Leadership Development**

We mobilize our participants in advocacy efforts and train individuals to become Community Navigators and deliver Know Your Rights information and resources to immigrant families.

**FY18 Highlights**

- 565 adults attended 6 hours of nutrition education
- 9894 individuals received Know Your Rights training
- 42 children participated in the 10-week Super-H health education class

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