



Nutrition Ambassador Program

Trained nutrition ambassadors provide a 1.5-2-hour nutrition education and cooking demonstration workshop. This session includes about 60 minutes of healthy, mindful eating, reducing fat and sugar, cooking demonstration and exercise education.

What we offer:

Participants receive lessons in healthy and mindful eating, learning simple ways to reduce fat and added sugar in diet, and tips to maintaining a healthier lifestyle.

Nutrition Ambassadors provided healthy cooking demonstrations, food tastings(s), and recipe cards. They also provide demonstrations on various exercises and tips on staying active.

Note: This is not a continuous program. Each workshop will consist of a different group of Hispanic and African American parents/adults.

For more information, contact BOUNCE.

Psychological, Health & Learning Sciences Department,
University of Houston

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Eligibility Criteria:

Hispanic and African American Adults
(ages 18+)



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