Nutrition Nuggets is a curriculum provided by Maryland Food Supplement Nutrition Education (FSNE), a program for recipients of food stamps as well as individuals and families who are income-eligible for food stamps.

Nutrition Nuggets is a curriculum designed for a variety of audiences, but is especially appropriate for youth in after-school settings. Each of the 12 lessons provides basic nutrition information as well as two activities that engage participants in a variety of food-related tasks. Every lesson includes food preparation and taste testing. These activities are designed to help students develop cooking skills, provide opportunities to experience new foods and ingredients, and to become more accepting of a wider variety of foods.

FSNE educators are available to provide training and to suggest ways of managing active youth! The curriculum provides objectives, teaching materials, and a list of supplies for each lesson. All Nutrition Nuggets lessons are presented in script format in order to assist after-school providers (or other educators) in planning and presenting the lessons.

Contact your local University of Maryland Extension office for more information on how this innovative curriculum can make it easy for after-school providers to develop a dynamic nutrition program.

Here’s what after-school providers, students and FSNE educators have said about Nutrition Nuggets:

“I am starting to see changes in my students’ food choices. Several students now bring healthy snacks like whole grain cereal and fruit for an after-school snack.”
-After-School Provider

“I love the food we get to try during our nutrition lessons. I really like the fruit with the yogurt dip. I showed this recipe to my mom, and now we have it at home!”
-Student

“The Nutrition Nuggets curriculum is perfect for after-school settings. It gives all the information providers need to present simple lessons that give children information and experiences that will help them improve their food choices. Providers have told me they feel confident teaching Nutrition Nuggets lessons, even if they have never taught nutrition previously.”
-FSNE educator

This material was funded by USDA’s Supplemental Nutrition Assistance Program in cooperation with the Maryland Department of Human Resources and the University of Maryland. University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status, or national origin. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at www.marylandsail.org.