

WHAT IS HEALTHY HABITS FOR ADULTS?

Healthy Habits for Adults classes are **FREE** one-time, hour-long sessions that offer delicious, nutritious snacks participants can make at home. Each class includes a healthy snack, nutrition lesson, interactive learning activities, recipes and handouts.

Workshops are led by trained **RSVP (Retired and Senior Volunteer Program)** volunteers and teach practical tips to stay on track with healthy eating. Classes also focus on eating healthy on a budget.



Interested in learning more about Healthy Habits for Adults?

Call the SNHS—RSVP office to learn more.



Healthy Habits for Adults:
(603) 634-1169
**Call for services in
Manchester and Nashua, NH**

Learn More at:
www.snhs.org

TTY: 800 877 8339



Corporation for
**NATIONAL &
COMMUNITY
SERVICE**

All SNHS programs ensure nondiscrimination and equal opportunity for all applicants, employees, and contractors without regard to race, color, sex, religion, age, national origin, disability, political affiliation or belief or genetic information.

Healthy Habits for Adults

RSVP

Lead With Experience

Volunteers 55+ Serving Our Local Communities



Free nutrition classes to promote wellness among older adults.

Sponsored locally by:

Helping People. Changing Lives.
SNHS
The Community Action Program for
Hillsborough and Rockingham Counties

VOLUNTEERS ARE MAKING A DIFFERENCE!

Since Healthy Habits for Adults was launched in September 2014, almost **7,000 older adults have participated in these workshops nationwide.**

OF PARTICIPANTS THAT WERE SURVEYED AFTER CLASSES

90% of adult participants are sure they will eat healthier

92% of adult participants are sure or very sure they will read nutrition labels more often

96% of participants revealed that they learned something new after attending the class



Healthy Habits for Adults Topics

SALT-TASTE BUD THRILLER OR SILENT KILLER

Learn how foods high in salt sneak into our diet and effective ways to reduce them, without sacrificing flavor! Also, learn more about fluid intake, the importance of staying hydrated, and tips to make healthy beverage choices!

STAY REGULAR-ENJOY THE POWER OF FIBER IN YOUR DIET

Learn more about how foods rich in fiber boost health and keep our digestive system functioning healthily. Also learn the difference between whole grains and refined grains.

PROTEIN- THE BODY'S OWN SUPERMAN

Learn about the role of protein in our body and the importance of lean protein in our diet.

LIMITING SUGAR IN YOUR DIET- SUGAR DETOX 101

Learn more about how foods high in sugar sneak in to our diet and effective ways to reduce them.

EATING THE RAINBOW-LOVE YOUR FRUITS & VEGGIES

Join us for this colorful class on the benefits of “eating the rainbow,” adding more fruits and vegetables to your diet.

REDUCING FAT IN YOUR DIET-FAT, THE GOOD, THE BAD & THE UGLY

Learn more about how foods high in fat sneak into our diet and effective ways to reduce them, without sacrificing flavor!

DAIRY-CALCIUM & VITAMIN D SUPERSTARS

Learn about the important nutrients in dairy and ways to incorporate low-fat and fat-free dairy products

Have an idea for a topic? Call our office today we can create a lesson depending on specific needs or interests.