

**NYFS Adult (18+) Life Skills Program (LSP) – Nutrition and Food Independence
 Spring-Summer Meeting Plan (2025)**

Date	Time	Event	Event Description
4/28/25	5:30-7:00 p.m. (1.5 hours)	Introductory Meeting – A Guide to Healthy Eating Newtown Youth and Family Services 15 Berkshire Road Sandy Hook, CT 06482	<p><u>Introduction to the Life Skills Program Session</u></p> <ul style="list-style-type: none"> • Getting to Know LSP Rules and Expectations • Overview of Spring-Summer Session <ul style="list-style-type: none"> ○ Personal Goals and Session Goals • Member Introduction & Sharing Activities • Skill Survey <p><u>Nutrition Overview</u></p> <ul style="list-style-type: none"> • Understanding food: Calories, vitamins, minerals • The impact of sugar in packaged food and fast food • The value of fruits, vegetables and home-cooking • Reading nutrition labels • Tracking nutrition using apps <p><u>Eating More Fruits and Vegetables</u></p> <ul style="list-style-type: none"> • Introduction to fruit and vegetable food prep • Easy and healthy snacks with fruits and vegetables • Health benefits of a plant-based diet • The cost of foods high in sugar, salt, and empty calories <p><u>Planning for Healthier Eating</u></p> <ul style="list-style-type: none"> • Starting a Cooking Log Book to log food prep at home • Selecting simple nutritious recipes, we think we will like • Discussing what we would need on a weekly/monthly basis to eat healthy recipes regularly • Being mindful of taking time to be healthy • Misconceptions about eating (Being mindful of eating too much unhealthy food)

Adam Horvath
Newtown Youth and Family Services – Adult (18+) Life Skills Program

Last Modified: 04-22-2025
Event Plans (Spring-Summer 2025)

Date	Time	Event	Event Description
5/5/25	5:30-7:00 p.m. (1.5 hours)	Making Healthy Snacks and Simple Healthy Meals Newtown Youth and Family Services 15 Berkshire Road Sandy Hook, CT 06482	<p><u>Recipe Review</u></p> <ul style="list-style-type: none"> • Reviewing recipes we’ve selected from the last event • Understanding how to read recipes (ingredients, materials, steps, and yield sizes) • How to prep meals for fewer or more people (changing ingredient amounts, prepping for multiple meals) <p><u>Following Healthy Recipes and Knife Skills</u></p> <ul style="list-style-type: none"> • Knife safety and cutting techniques • Following selected recipes to make healthy snacks <p><u>Making a Healthy Meal</u></p> <ul style="list-style-type: none"> • Working as a small group to prepare a healthy meal • Discussion: <ul style="list-style-type: none"> ○ Healthier ingredient alternatives (ex. Whole grains) ○ What we liked and didn’t like ○ What we want to cook next week <p><u>Food Safety and Clean-Up</u></p> <ul style="list-style-type: none"> • The dangers of incorrect food temperatures and storage • How to clean up after cooking in a space <p><u>Reviewing Food Prep Log Book</u></p> <ul style="list-style-type: none"> • Identifying how many meals we’ve made since the last meeting • Planning to cook for before meeting again • Logging new skills and know-how

Date	Time	Event	Event Description
5/19/25	5:30-7:00 p.m. (1.5 hours)	Adding Heat – Stovetop Cooking Newtown Youth and Family Services 15 Berkshire Road Sandy Hook, CT 06482	<p><u>Grocery Budget Review</u></p> <ul style="list-style-type: none"> • Large group discussion comparing projected food budget with actual purchases <p><u>Food Safety</u></p> <ul style="list-style-type: none"> • Food safety game (i.e. facts about food safety) <p><u>Food Prep. Cooking, and Table Setting</u></p> <ul style="list-style-type: none"> • Safe food preparation practice • Cooking practice with a focus on multitasking (i.e. food safety, ensuring all food items are prepared together and served at the same time, cleaning during cook time) • Table setting and shared eating expectations (i.e. manners, passing dishes, communicating needs) <p><u>Cleaning</u></p> <ul style="list-style-type: none"> • Washing dishes and cooking equipment • Drying and organizing dishes and equipment • Cleaning and maintaining cooking space (i.e. cleaning counterspace, tables, floor cleaning, etc.) <p><u>Reviewing Food Prep Log Book</u></p> <ul style="list-style-type: none"> • Identifying how many meals we've made since the last meeting • Logging new skills and know-how

Date	Time	Event	Event Description
6/2/25	5:30-7:00 p.m. (1.5 hours)	Additional Food Prep and Stovetop Cooking Newtown Youth and Family Services 15 Berkshire Road Sandy Hook, CT 06482	<p><u>Additional Cooking Practice</u></p> <ul style="list-style-type: none"> • Remaking selected healthy snacks • Preparing additional healthy snacks • Making small group healthy meals using food prep skills, knife skills and stovetop cooking <p><u>Planning for Final Project</u></p> <ul style="list-style-type: none"> • Selecting an advance healthy meal • Identifying a recipe • Reviewing the recipe and identifying feasibility • Making a grocery list and budget <p><u>Group Discussion</u></p> <ul style="list-style-type: none"> • How to implement food skills in daily lif <p><u>Reviewing Food Prep Log Book</u></p> <ul style="list-style-type: none"> • Identifying how many meals we’ve made since the last meeting • Logging new skills and know-how

Adam Horvath
 Newtown Youth and Family Services – Adult (18+) Life Skills Program

Date	Time	Event	Event Description
6/16/25	5:30-7:00 p.m. (1.5 hours)	Final Exam Practice Newtown Youth and Family Services 15 Berkshire Road Sandy Hook, CT 06482	<u>Reviewing Final Project Recipies</u> <ul style="list-style-type: none"> • Large group sharing of individual project plans • Answering questions and giving each other feedback <u>Cooking a Final Project</u> <ul style="list-style-type: none"> • Working independently with support and group feedback to make selected recipes • Gallery walk and tasting of everyone’s project • Reflecting on pros and cons <u>Reviewing Food Prep Log Book</u> <ul style="list-style-type: none"> • Identifying how many meals we’ve made since the last meeting • Logging new skills and know-how • How to continue to meal prep, cook and log healthy eating after the session

Cooking - Skill Areas to Be Focused On

Food Safety

- Food storage safety
- Cleaning safety
- Safe food temperatures

Equipment Safety

- Knife Safety

Equipment Usage

- Knife usage

Cleaning

- Equipment and surface cleaning
- Storage of used equipment