



Nutrition Ambassador Program

About the Program

Nutrition Ambassador Program is an adult nutrition education program that provides workshops to the Houston community. These workshops include tips on healthy and mindful eating, a cooking demonstration and exercise education.



BOUNCE
Nutrition Ambassador
Program

What We Offer

Trained nutrition ambassadors provide a two-hour workshop including lessons on healthy and mindful eating, simple ways to reduce fat and added sugar, and tips to maintaining a healthier lifestyle.

Participants receive a healthy cooking demonstration with a food tasting and recipe card. The ambassadors demonstrate various exercises that can be completed at home without equipment as well as tips to staying active daily.

These workshops can be tailored to fit time constraints or to include topics most relevant to the specific population.