Just Say Yes to Fruits & Vegetables (JSY)
at Food Bank of Central New York

Due to health precautions relating to COVID-19, our JSY Community Nutrition Educators are taking their nutrition education workshops online. We have several options available:

Option 1: Full JSY workshops

- Live workshops with recipe demonstrations
- Workshops run for approximately 30-45 minutes
- Offered on one of three platforms:
    - Zoom: FBCNY will provide Zoom link and handle Zoom registrations to participants.
        - Can be offered as a series, once a week or once a month
    - Facebook live: must be hosted by partner agency who will be responsible for handling site administration and recruiting. Lesson schedule determined in partnership with agency/organization contact
- If workshops offered in partnership with agency/organization, kitchen tools and other resources will be distributed by partners. If hosted by FBCNY, materials will be mailed to participants.
- Participants will be given link to JSY survey

Option 2: "Quick & Delicious" workshops

- Recipe demonstrations with nutrition messaging.
- Workshops last approximately 10-15 minutes
- Offered on one of three platforms:
    - Zoom: FBCNY will handle registration.
    - Facebook live via partner agencies' FB pages: partner agency responsible for site administration and recruitment.
    - Pre-recorded videos: links will be mailed to site contact for sharing with clients/networks

Option 3: JSY Newsletter

- Articles on JSY lesson topics and featured recipes to be shared with clients or included in organization newsletters or mailings.
- Will provide printed copies and/or digital pdfs
- Can provide material to include in Side Dish and/or other communications from FBCNY to partner agencies (recipes, nudges, happenings on FB page)

Other ideas:

1. "Cooking with JSY": variation on Quick & Delicious; participants all cook the same recipe using ingredients in food boxes (MFP, other fresh produce distributions?
2. "Featuring JSY": Senior grab-and-go lunches or other sites that prepare food, ask to feature JSY recipe once a month and distribute recipe with the meal