

Extend-A- HAND
presents

2025 Food Conscious Tour

6th
Annual

Eat healthy food to live healthy

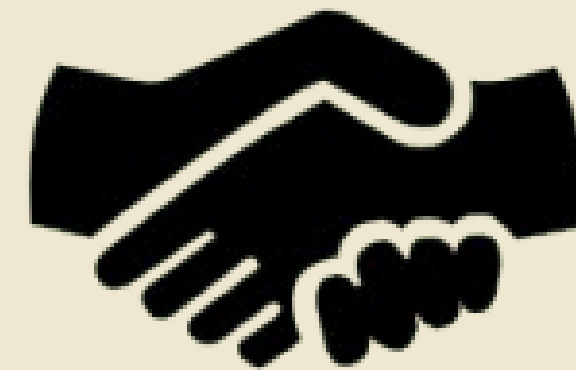


About US

Established in 2020, Extend-A-HAND is the Community partner for HAND RADIO. Our mission is to empower communities by providing educational opportunities and access to essential resources that encourage healthier lifestyles and amplify voices.

We emphasize nutrition education classes and events to enhance well-being, along with workshops on radio and podcasting to ignite creativity and self-expression.

By equipping individuals with knowledge and tools, we strive to cultivate stronger, healthier, and more interconnected communities." For the last five years we have hosted the Food Conscious Tour in communities to address and overcome food disparities around the globe.



EXTEND-A-HAND





WHAT IS THE FOOD CONSCIOUS TOUR?

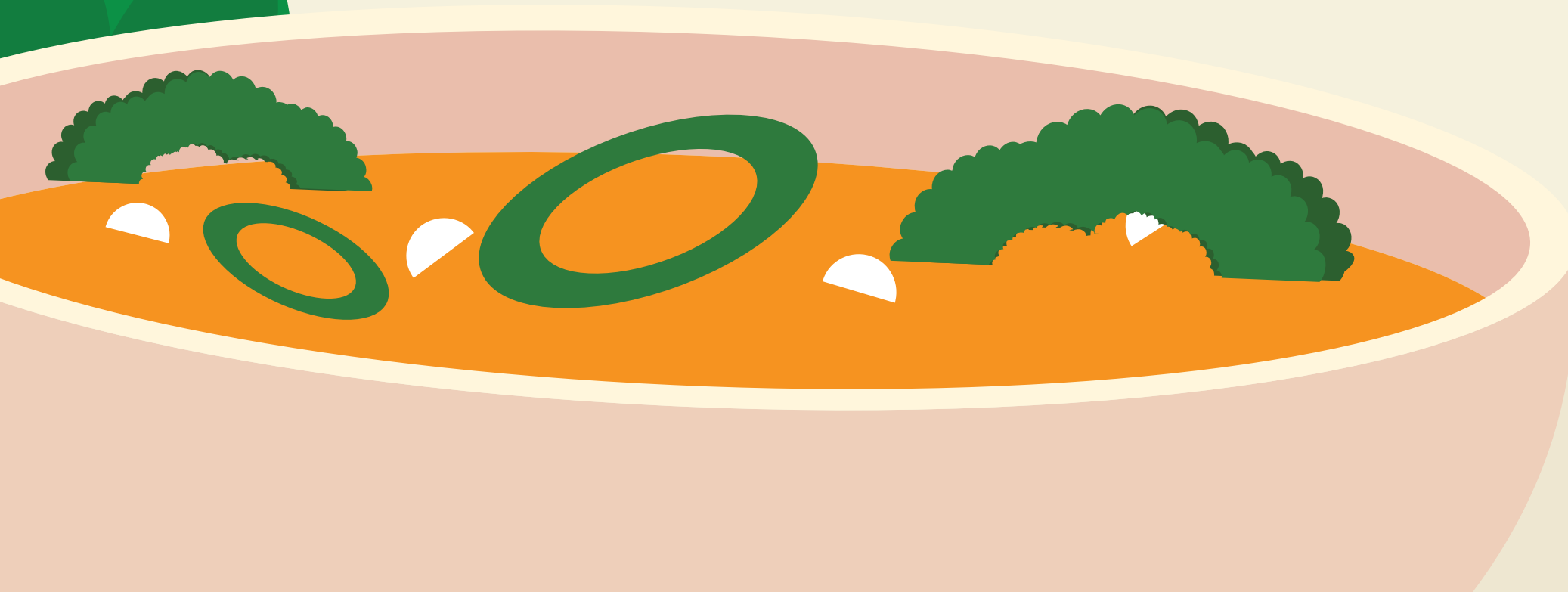
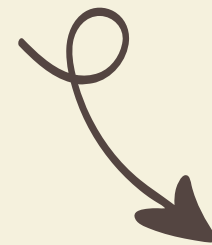
The Food Conscious Event Tour is a dynamic community initiative that blends nutrition education, live cooking demonstrations, and entertainment to address food insecurity in underserved areas. Designed with the vibrant energy of a block party, this event provides residents with practical knowledge, resources, and tools to improve their well-being.

By focusing on food priority areas, we offer engaging nutritional education workshops alongside interactive cooking demonstrations, empowering community members to make healthier choices. Beyond providing access to nutritious food, we teach families how to incorporate these ingredients into affordable, balanced meals. The Food Conscious Event Tour is more than just an event—it's a movement toward sustainable, healthy living for communities in need.



Our WHY

We address food priority areas with nutritional education workshops paired with cooking demonstrations. Tackling food insecure areas by providing healthy food options is one part of the solution. We also educate community members on healthy ways to implement the healthy food into nutritious meals for their families.



Help Community members identify healthy Foods

Teach community members healthy recipes

Engage the community through entertainment

Advocate for 'Healthy Food Priority Areas' instead of 'Food Deserts'

Build Networking opportunities



Nutrition Education

Our nutrition education classes and events are designed to empower individuals and families with the knowledge and skills needed to make informed, healthier choices.

Through interactive sessions, participants will learn about balanced meal planning, understanding food labels, and the benefits of incorporating whole, nutrient-rich foods into their diets.

We also provide practical tips on cooking, budgeting for healthy meals, and addressing common nutritional challenges. Whether you're looking to improve personal health, support your family, or inspire your community, our programs are tailored to promote sustainable wellness and lifelong habits for a healthier lifestyle.



Cooking Demos

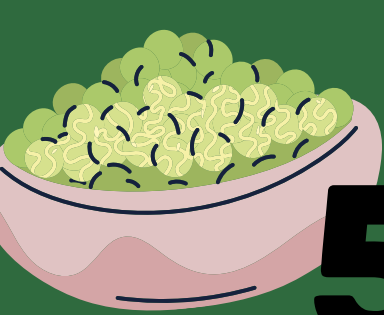


Our cooking demo is an interactive and educational event designed to empower residents with practical skills for preparing healthy, affordable meals. These demonstrations often focus on utilizing budget-friendly ingredients that are accessible through local markets or food assistance programs.

Experienced chefs or nutritionists lead the sessions, showcasing simple recipes that maximize nutritional value without breaking the bank. Participants are encouraged to engage actively, ask questions, and share their own tips, fostering a supportive environment of learning and community collaboration.

The ultimate goal is to inspire healthy eating habits, improve food literacy, and enhance the overall well-being of the community.





5th Annual





2025 FOOD Conscious Tour

Get Involved: Join the Food Conscious Movement!

'Join us in creating lasting change! The Food Conscious Tour empowers communities with essential nutrition education, access to healthy food, and hands-on cooking experiences. Your support can help transform lives.'

Ways to Partner:

- ✓ Sponsorship Opportunities – Gain brand visibility while supporting community wellness.
- ✓ Host a Workshop or Cooking Demo – Share expertise in nutrition, wellness, or culinary arts.
- ✓ Provide Food or Resources – Donate fresh produce, meal kits, or funding to expand our outreach.
- ✓ Volunteer & Engage – Help organize, promote, or participate in events to connect with the community.



'Let's work together to build healthier, more empowered communities—one meal at a time.'

 Contact Us Today!

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