



Operation Frontline Program

Cooking & Nutrition Education class series



Frequently Asked Questions for Host Agencies

Who hosts Operation Frontline classes?

Host sites are non-profit, community-based organizations in the DC Metro Area (including Montgomery & Prince Georges County, Northern Virginia) that serve clients with limited resources, who are interested in and can benefit from attending nutrition-based cooking classes. A site must provide a “kitchen” and adjacent/nearby large meeting area, either on-site or at a nearby community center.

Is there a set curriculum?

Our curricula are developed by our national staff and include lesson plans, hands-on activities, handouts and recipes. The nutrition content is based on MyPyramid.

How long are the classes and when do they meet?

Each series is 2 hours in length, once a week, for 6 weeks. Classes are scheduled Monday through Friday, 9am-8pm. The class will meet at the same day and time each week. It is *not* a drop in program – participants are asked to attend all six classes of the series.

How are classes structured?

During the first 4 classes of the series, we discuss healthy eating habits and food budgeting, and learn basic cooking techniques. One-half of class focuses on basic nutrition messages, while the other half is spent preparing recipes that reflect the day’s nutrition messages. The 5th class of each teen & adult series includes a grocery store tour where food budgeting, food selection and reading nutrition labels are emphasized. During the final class, there is a review and graduation celebration.

Who participates in Operation Frontline classes?

Adults, seniors, children, teens and pregnant/parenting teens. Classes are for those at risk of hunger or malnutrition due to inadequate family income. Class size ranges from 12-16 participants. Each host site is responsible for recruiting participants for their classes. Participants may not be charged for Operation Frontline classes.

Who teaches Operation Frontline classes?

Classes are taught by volunteer chef and nutrition instructors. There is an Operation Frontline staff member present at each class to bring teaching materials, necessary equipment and groceries.

How are the culinary traditions and taste preferences of participants taken into account?

Operation Frontline staff communicate with the host agency’s coordinator to discuss how best to customize the class to meet the needs of the participants. During the course, participants are encouraged to provide input about what foods they would most like to prepare.

What do participants receive as part of attending the classes?

At the end of the first 4 classes, teen and adult participants receive the day’s recipes and a bag of groceries containing the ingredients to make one dish at home; they will also receive a \$10 grocery store gift card after the supermarket tour during Class 5. During the last class, each graduate receives some incentives and a certificate of completion. Each class participant receives a Recipe Book- a resource containing nutrition, food safety and food budgeting information, in addition to numerous healthy, low-cost recipes.

What does it cost to have an Operation Frontline class at my site?

Generally, there are no class fees associated with hosting a class. However, we do request that the host agency provide cleaning supplies, paper plates, and eating utensils. Each qualifying organization (that has one location) will be offered one Operation Frontline cooking & nutrition class series and one money management class series (if desired) per year. Organizations that have more than one location will be offered two of each series per year. If an organization desires more than its allotted number of series, it will be required to contribute at least \$500 to the program to contribute towards the cost of food, supplies, transportation and staff time.

