



*"I wish I was taught the importance of good nutrition, especially seafood nutrition, for my children's brain and heart health. After attending Seafood Nutrition Partnership's nutrition education workshops in our community I now make sure my grandson eats seafood at least twice a week—and he loves it!"*

Ms. Jacquie B.  
Graduate of SNP's Eating Heart Healthy Program  
Resident of Roxbury Tenants of Harvard

## Our Program

### EATING HEART HEALTHY

Eating Heart Healthy is an interactive cooking and nutrition program designed for individuals at risk of heart disease. This program was developed in partnership with Brigham & Women's Hospital, and Roxbury Tenants of Harvard. We work with women from local community organizations to reduce cardiovascular disease (CVD) risks and provide brain health information through an interactive cooking and nutrition program to increase awareness of a heart and brain healthy diet and build skills to incorporate healthy fats and nutrient dense foods into daily meals.

The Eating Heart Healthy program may be conducted in two formats:

- A one-time compressed program or a 4-session program.
- Each program provides heart and brain health education, cooking demonstrations of easy seafood recipes that average \$10 for a family of 4 and post program support which includes monthly educational emails.

#### Need it customized?

We can customize a seafood nutrition program that meets the needs of your organization. Just contact us today to discuss program customization.

# LOVE YOUR HEART, Eat Your Seafood



Our mission is to inspire a healthier America through partnerships that raise awareness about the essential nutritional benefits of eating seafood.

EATING SEAFOOD TWICE A WEEK CAN  
REDUCE YOUR RISK OF HEART DISEASE  
BY AT LEAST 36% AND GIVE YOU  
MORE ENERGY THROUGHOUT THE DAY.



Take our  
**HEALTHY HEART** → Pledge!