

## **St. Louis Community Based Nutritional Programs**

<b>Program &amp; Contact Number</b>	<b>Focus</b>	<b>Ages</b>	<b>Class Location</b>	<b>Length</b>	<b>Teachers</b>	<b>Cost</b>
<b>Operation Frontline Kids up Front Operation Food Search 314-726-5355</b>	<b>Multicultural cooking based on food guide pyramid</b>	<b>8-12</b>	<b>Varies</b>	<b>6 sessions (2 hours each)</b>	<b>RD Culinary professional Nutritionist Volunteers</b>	<b>Free---focus on low income groups 10-25 No physician referrals required</b>
<b>Family Weight loss clinic 314-957-9185</b>	<b>Child and family groups</b>	<b>5-18</b>	<b>Brentwood Blvd, near Galleria Mall</b>	<b>Ongoing</b>	<b>MD, RD Certified personal trainer</b>	<b>\$5/visit per person No physician referrals required</b>
<b>Food &amp; Fitness for Kids 618-465-2264</b>	<b>Family and group</b>	<b>6-15</b>	<b>Alton, Illinois</b>	<b>8 sessions (2 hours each)</b>	<b>RD, PT Behavioral Specialist</b>	<b>\$89 No physician referrals required</b>
<b>Operation Frontline Side by Side Operation Food Search 314-726-5355</b>	<b>Intergenerational cooking</b>	<b>Mixed: adults and school-aged children</b>	<b>Varies</b>	<b>4 sessions (2 hours each)</b>	<b>RD Culinary professional Nutritionist Volunteers</b>	<b>Free---focus on low income groups 10-25 No physician referrals required</b>
<b>YMCA Kids Aquatic Boot Camp 314-439-9622</b>	<b>Fun and safe water exercise for overweight children</b>	<b>8-13</b>	<b>Edward Jones YMCA</b>	<b>6 sessions (45 minutes each)</b>	<b>Certified lifeguards</b>	<b>\$27 *Financial assistance is available</b>