



PENOBSCOT NATION  
BOYS AND GIRLS CLUB

## *Food & Nutrition*

*“the positive place for kids”*



The food & nutrition program provides Club members with the knowledge base needed to make healthy choices and develop healthy eating habits. The food & nutrition program is a Club-wide strategy to promote health and well-being in young people. The approach incorporates healthy living and active learning into every part of the Club experience, from the gym to the learning center to the arts and crafts room. The program also extends to sub-program units, such as TRAIL, a diabetes prevention program intended for Club members and their families. The PNBGC has successfully completed four (4) rounds of the TRAIL program.