

Fun Class Extra Activities:

Depending on class size, funding, student interest, and your site's resources, classes may also choose to incorporate dynamic group activities, such as:

Dine Around Town. We encourage all classes to meet at least once to eat at a local restaurant that features healthy, traditional, and cultural meals (preferably of African heritage), with a group emphasis on ordering a plant-based spread. Oldways has created an [African Heritage Dine-Around-Town](#) national restaurant list to help you find a location nearby. If you don't see a restaurant near you on the list, let us know and we will help you in your search.

Incorporate Authentic African Heritage Cuisine Into Your Classes. One teacher in Houston, TX decided to integrate dishes from her favorite local Ethiopian restaurant right into her classes. For her Greens Lesson, she picked up an order of fresh *Injera* bread and a large side order of stewed lentils to add to the greens for a full, Sunday evening meal. Each week thereafter, she would pick up other side items to compliment the in-class recipes. Students loved trying the different grains, vegetables, beans and spices, and sharing the experience together!

Take a Grocery Store Tour. A grocery store tour is not only a fantastic way to help your students shop for healthy African heritage ingredients, it will also help them identify the best grocery store nearest them and how to get to it. This is especially important for people living in neighborhoods that do not have a local grocery store. You can use Oldways' African Heritage Grocery Shopping List, Recipes and Setting Up Your Kitchen Guide to help you lead your group through the market. Former ATOAH teachers have also brought their classes to international markets featuring African, Caribbean, and South American ingredients such as *callaloo*, *ackee*, *yuca*, and traditional spices, to see these foods firsthand.

Visit a Local Community Garden or Farmer's Market. Many classes have added an extra class week to visit a local farmer's market or community garden because students enjoy it so much! Both settings teach visitors about new vegetables, where our food comes from, and why the "farm-to-table" movement is so special. Many farmer's markets have special deals for SNAP card holders too, such as the double-dollar program, which makes each SNAP dollar amount to two dollars when spent on produce. For a list of farmer markets nationwide:

<http://www.usdalocalfooddirectories.com/listings.html>

Include a Fitness Portion: A Group Walk or Exercise Activity

Traditionally, life was anything but sedentary. Movement was a part of everyday life. One class in New Orleans incorporated a 20-minute fitness component before each class. The instructor reported that this activity got participants energized and focused, connected them even more strongly, and kept the retention rate high. When students can fit their daily workout into a nutrition class, they may be more likely to show up week to week. Whether you enjoy calisthenics, walking, dancing, or yoga, incorporate movement into the beginning portion of your classes. We will feature suggested fitness activities on the [Oldways Youtube ATOAH Page](#).