



# Operation Frontline

## Los Angeles

### Empowering Individuals

Operation Frontline teaches low-income how to prepare healthy, tasty, nutritious meals on a limited

In Los Angeles the Center for Community & Family Services, Inc. coordinates the program which is a part of the national anti-hunger organization Share Our Strength.

The six week courses are taught by trained teams of volunteer chefs and nutritionist. Topics include:

- Nutrition, Food Pyramid, and Reading Labels
- Simple Recipes
- Fruits, Vegetables and Whole Grains
- Cooking Skills
- Budgeting and Planning Meals
- Food Shopping

The seven Operation Frontline curriculums are target specific populations including adults, parent and their children, school age children, and teens as well as others.



SHARE OUR STRENGTH'S  
**OPERATION  
FRONTLINE**<sup>®</sup>  
NO KID HUNGRY

NATIONALLY  
SPONSORED BY

**ConAgra  
Foods**<sup>®</sup>  
FOUNDATION



### Sharing Our Talents

Operation Frontline is designed around the idea that it takes more than food to fight hunger. We need chefs, culinary professionals, and nutrition professionals as well as other individuals to share their skills, time and talents. Opportunities include:

- Volunteer Chef Instructor
- Volunteer Nutrition Instructor
- Volunteer Class Manager
- Volunteer Shopper
- Donate Cooking equipment and utensils
- Donate Groceries and Produce
- Work at Special Events or Fundraisers

For more information on the program contact

Catherine Luu  
Operation Frontline Program  
Coordinator  
(626) 229-2381  
Catherine.Luu@ccafs.org