



October 2024 Nest Calendar

Operation Threshold Locations :
 *OT WLOO = Operation Threshold, 1535 Lafayette St, Waterloo
 *OT Grundy Center= 1606 G Ave Grundy Center

SOME CLASSES THIS WILL BE ON FACEBOOK LIVE THROUGH OUR NEST PAGE

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
		1	2	3	4	5
<p>Facebook Search: The Nest Program Serving Black Hawk & Grundy Counties</p>			<p>How much sugar is too much? FB Video @12pm</p>		<p>MON-THURS 7:30AM-6:00PM</p>	<p>The Nest Program Serving Black Hawk & Grundy Counties</p>
6	7	8	9	10	11	12
<p><i>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</i></p>			<p>Halloween Craft @Dike Public Library 4:45-5:45</p>		<p>OFFICE CLOSED</p>	<p>Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org</p>
13	14	15	16	17	18	19
	<p>Navigating Stress through the holidays 11am First United Methodist Church</p>		<p>WIC Nutrition Video FB Video @12pm</p>		<p>OFFICE CLOSED</p>	
20	21	22	23	24	25	26
			<p>Allen Women's Health FB Video @12pm</p>	<p>Parent Advisory TRUNK OR TREAT @Operation threshold 5pm-6pm</p>	<p>OFFICE CLOSED</p>	
27	28	29	30	31		
	<p>Fun simple Halloween treats at home 11am First United Methodist Church</p>		<p>Halloween Safety FB Video @12pm</p>			

To view descriptions of classes listed above, please refer the next page.



What is Nest?

The Nest program is an incentive based program for income-eligible pregnant women, post-partum mothers, and families with children up to 5 years of age. Families can earn incentive points for healthy behaviors such as keeping doctor appointments and attending parent and preventative educational classes. The points are then redeemed for incentive items, items ranging from diapers, wipes, bathing supplies, baby clothes, and educational books just to name a few.

Here's a summary of the classes this month: (On Facebook Live & In-Person Classes)

How much sugar is too much? Halloween is around the corner! How much sugar is an appropriate amount for your child?

Halloween Craft- Holiday activity/Craft for kids and family.

Navigating stress through the holidays- Holiday and finances can be stressful, lets talk about ways to deal with spending and stress.

WIC- WIC will provide an educational video on nutrition.

Allen Women's Health- Educational video of Allen Women's Health choice.

Parent Advisory trunk or treat- Please join us with your children for a trunk or treat at Operation Threshold Dress your children up in costumes, we will have a coloring table and hot chocolate.

Fun simple Halloween treats at home- Treats/snacks you and your family can make together in the spirit of Halloween.

Monthly online classes are for both Black Hawk and Grundy Counties. Surveys can be filled out using the link that will be posted in the comments. Surveys must be completed to receive points. If you are not able to watch the online session live, you can still watch it during the month and fill out the survey to receive your points!

JOIN OUR FACEBOOK GROUP:

The Nest Program Serving Black Hawk
& Grundy Counties