




November 2024 Nest Calendar

Operation Threshold Locations :
 *OT WLOO = Operation Threshold, 1535 Lafayette St, Waterloo
 *OT Grundy Center= 1606 G Ave Grundy Center
Office Hours Mon-Thurs 730am-6pm
Closed Friday

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

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
	<p>Facebook Search: <i>The Nest Program Serving Black Hawk & Grundy Counties</i></p>				<p>1</p>	<p>2</p>
					<p>Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org</p>	
3	4	5	6	7	8	9
	<p><i>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</i></p>		<p>Healthy meals for the holiday Facebook Live @12pm</p>			
10	11	12	13	14	15	16
	<p>What's your favorite healthy dish? 11am First United Methodist Church</p>		<p>13 Holiday Craft Facebook Live @12pm Grundy Nest @Dike Public Library Thanksgiving Craft 4:45-5:45</p>			
17	18	19	20	21	22	23
		<p>Parent and Tot Time Operation Threshold @4pm-5pm</p>	<p>WIC Nutrition Video Facebook Video @12pm</p>			
24	25	26	27	28	29	30
	<p>Making Good Decisions 11am First United Methodist Church</p>		<p>Allen Women's Health Facebook Video @12pm</p>	<p>Office Closed</p> 		
<p><i>*SOME CLASSES THIS WILL BE ON FACEBOOK LIVE THROUGH OUR NEST PAGE*</i></p>				  		

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)

Healthy Meals for the Holidays- Cost effective meals that are both nutritious and affordable.

What's your favorite healthy dish? Ways to cook different healthy dishes for you and your family.

Holiday Craft- Come join us to do a Holiday craft!

Parent and Tot Time- Come join us for parent and tot time, playing with your child at different activity tables.

WIC- WIC will provide an educational video on nutrition.

Making good decisions- Learning about the effects of smoking and child health, ways to keeping children drug free, relationships and overall good family choices.

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

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**