The Virginia Family Nutrition Program

Eating Smart-Being Active

a free 4-session program



Take charge of your health today!

Join us and start your journey to better living. In our program you will learn how to:

Come join the Family Nutrition Program

and get many of these FREE...



- Find out easy ways to boost your and your family's nutrition
- Prepare new recipes your kids will love

Join Us! For more information contact:

If you are an individual with a disability and desire an accommodation, please contact me.



"I loved learning to prepare new health foods that fit in my budget."

"I realized how much sugar was in my drinks, made a change, and I've already lost a few pounds."

"Our group leader inspired me to make simple changes that have helped me feel great."

"I was so sad when the class was over. I'm ready to sign up again."





Eat Smart • Move More Virginia Cooperative Extension • Family Nutrition Program www.eatsmartmovemoreva.org

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

This institution is an equal opportunity provider. This material is partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and the Expanded Food and Nutrition Education Program (EFNEP).