

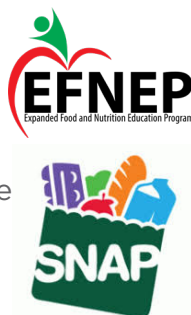
The Virginia Family Nutrition Program

Hands-on Experiences in Nutrition and Healthy Living



Mission

The Virginia Family Nutrition Program is dedicated to helping families, senior citizens, and youth make healthier food choices and become better managers of available food resources for optimal health and growth. The Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program-Education Programs (SNAP-Ed) provide free nutrition and healthy lifestyle education programs to limited-resource Virginians. They are funded by USDA.



What Participants Are Saying

“I learned how to check my portions, reduce my salt intake, and substitute ingredients for flavoring.

My doctor reports that my blood pressure is now close to normal. I’m walking and moving more and have lost 3 pounds after two weeks of classes.”

“I lost 9 pounds after learning about ways to cut back on soda. I am now drinking more water and cooking healthy and delicious food for myself and my kids. I am enjoying the classes so much, I do not want them to end.”

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SNAP-Ed Programs Include:



- A series of 8 meetings to promote nutritious foods, cooking skills, food budgeting, and safe food handling
- Hands-on learning where participants share ideas and try new recipes
- Food preparation and tastings in at least three of the meetings
- Learning and practicing ways to be more active
- Nutrition education events at food banks, community centers, and health fairs

Participants will receive many of these FREE...

- “Cooking is a SNAP” Cookbook
- Measuring cups and spoons
- Vegetable scrub brush
- Exercise stretch band
- Food & refrigerator thermometer
- Water bottle
- Cutting mat set
- Silicone spatula
- Insulated lunch bag
- Grocery list pad
- Graduation Certificate



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Participants Learn How To:

- Prepare recipes with healthy ingredients
- Plan nutritious meals and snacks the whole family will love
- Read labels on food and drink packages to make healthy choices
- Identify proper portion sizes
- Save money on groceries
- Be more active
- Make lifestyle changes to prevent chronic disease

“I was able to get my 5 year old granddaughter excited about MyPlate. She had fun filling her plate with vegetables and fruit! I have enjoyed the tools I received in class. They have helped me keep on track with my goals. Thank you for this great program.”



For More Information Contact:

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

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We Get Results

Many participants in our programs make changes that have long-term benefits.

85% of participants report they make one or more changes in their food choices, in food safety, and in planning healthy meals.

They share with us their personal results that vary from feeling better, saving money, losing weight, and better health indicators like reduced blood pressure and blood sugars.

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Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program
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