

# The Virginia Family Nutrition Program

**Eating Smart • Being Active**  
a free 6-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:

- Be active with the whole family
- Plan meals, shop, and save money
- Fill half of your plate with colorful fruits and vegetables
- Find out why you need fiber and how to get enough
- Discover why you still need dairy foods as an adult
- Choose lean protein foods, including vegetarian options
- Make small changes that will lead to healthier living
- Prepare new recipes your kids will love

## Come join the Family Nutrition Program and 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



## Join Us!

For more information contact:

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“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.”

 **Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

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

[www.ext.vt.edu](http://www.ext.vt.edu)

[www.movemore.ext.vt.edu](http://www.movemore.ext.vt.edu)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. SNAP provides nutrition assistance to people with low income. Contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays).

Last Updated October 1, 2019