

The Virginia Family Nutrition Program

A Healthy Family Starts with *You!*



Team up with us to take charge of your health now!



Individual or small group settings by phone or online:

- Share delicious, low-cost recipes that fit into your budget
- Provide tips on meal planning and food shopping to save time and money
- Connect with others and get support in your healthy living journey

Come join the Family Nutrition Program and get many of these delivered FREE after program completion...



Join Us!

For more information contact:

Follow Us | Like Us



“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

www.ext.vt.edu

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

www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP - and the Expanded Food and Nutrition Education Program (EFNEP). SNAP is funded by the U.S. Department of Agriculture Food and Nutrition Service and the Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA).

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

Last Updated April 28, 2020